SAMSUNG

SM-R800
SM-R805F
SM-R810
SM-R815F

User Manual

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www.samsung.com

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Getting Started

About the Galaxy Watch

The Galaxy Watch is a smartwatch that can analyse your exercise pattern, manage your health and allows you to use a variety of convenient apps for making phone calls and playing music. By rotating the bezel, you can access convenient features quickly and easily. You can also change the watch face to your taste.

Connect your Galaxy Watch to your mobile device to expand your mobile device experience, or use the Galaxy Watch by itself, without connecting to a mobile device.

Read me first

Please read this manual before using this device to ensure safe and proper use.

- Descriptions are based on the device's default settings.
- Some content may differ from your device depending on the region, service provider, model specifications, or device's software.
- Content (high quality content) that requires high CPU and RAM usage will affect the overall performance of the device. Apps related to the content may not work properly depending on the device's specifications and the environment that it is used in.
- Samsung is not liable for performance issues caused by apps supplied by providers other than Samsung.
- Samsung is not liable for performance issues or incompatibilities caused by edited registry settings or modified operating system software. Attempting to customise the operating system may cause the Galaxy Watch or apps to work improperly.
- Software, sound sources, wallpapers, images, and other media provided with this Galaxy Watch are licensed for limited use. Extracting and using these materials for commercial or other purposes is an infringement of copyright laws. Users are entirely responsible for illegal use of media.
- You may incur additional charges for data services, such as messaging, uploading and downloading, auto-syncing, or using location services depending on your data plan. For large data transfers, it is recommended to use the Wi-Fi feature.
- Default apps that come with the Galaxy Watch are subject to updates and may no longer be supported without prior notice. If you have questions about an app provided with the Galaxy Watch, contact a Samsung Service Centre. For user-installed apps, contact service providers.
- Modifying the Galaxy Watch's operating system or installing softwares from unofficial sources may result in Galaxy Watch malfunctions and data corruption or loss. These actions are violations of your Samsung licence agreement and will void your warranty.
- The images in this manual are based on the SM-R800 and SM-R805F models.
- Some functions may not work as described in this manual depending on the maker and model of the mobile device you connect to the Galaxy Watch.
- Depending on the region, you can view the regulatory information on the Galaxy Watch. To view the information, tap (**Settings**) on the Galaxy Watch's Apps screen and tap **About watch** → **Regulatory info**.

Maintaining water and dust resistance

Your device supports water- and dust-resistance. Follow these tips carefully to maintain the water- and dust-resistance of your device. Failure to do so may result in damage to your device.

- Do not expose the device to **water moving with force**.
- Do not use your device when you dive into the water, snorkel or try any water sports in fast-flowing water.
- If the device or your hands are wet, dry them thoroughly before handling the device.
- If the device is exposed to fresh water, dry it thoroughly with a clean, soft cloth. If the device is exposed to other liquids, such as salt water, swimming pool water, soapy water, oil, perfume, sunscreen, hand cleaner, or chemical products such as cosmetics, rinse it with fresh water and dry it thoroughly with a clean, soft cloth. If you do not follow these instructions, the device's performance and appearance may be affected.
- **If the device is dropped or receives an impact**, the water- and dust-resistant features of the device may be damaged.
- Do not disassemble your device. The water- and dust-resistant features of the device can be damaged.
- Do not expose your device to a dramatic change in air temperature or water temperature.
- Do not dry your device with a heating machine like a hair drier.
- The water-resistant feature of the device can be damaged in the sauna.
- Some features such as the touchscreen may not work properly **if the device is used in water**.
- **Your device has been tested in a controlled environment and certified to be water- and dust-resistant in specific situations and conditions. (Meets the requirements of the water-resistance in a 50 m deep water as described by the international standard ISO 22810:2010 and your device can be used in shallow water. Meets the requirements of the dust-resistance as described by classification IEC 60529 IP6X.)**

Precautions for overheating

If you feel discomfort due to overheating while using the device, stop using it immediately and remove it from your wrist.

To avoid problems, such as device malfunction, skin discomfort or damage, and battery draining, a warning will appear on the device if it reaches a specific temperature. When the initial warning appears, all calls, other than emergency calls and other device functions, will be disabled until the device cools down to a specific temperature.

If the device temperature continues to increase, a second warning will appear. At this time, the device will shut down. Do not use the device until it cools down to a specific temperature. However, if you are on an emergency call when the second warning appears, the call will remain active until you're finished.

Instructional icons

Warning: situations that could cause injury to yourself or others

Caution: situations that could cause damage to your device or other equipment

Notice: notes, usage tips, or additional information

Cleaning and managing the Galaxy Watch

Follow the points below to ensure your Galaxy Watch functions correctly and maintains its appearance. Failure to do so may damage the Galaxy Watch and cause the skin irritation.

- Prevent the device from being exposed to dust, sweat, ink, oil, and chemical products such as cosmetics, antibacterial spray, hand cleaner, detergent, and insecticides. The Galaxy Watch's exterior and interior parts may be damaged or it could result in poor performance. If your Galaxy Watch is exposed to any of the previously mentioned substances, use a lint-free, soft cloth to clean it.

- Do not use soap, cleaning agents, abrasive materials and compressed air when cleaning your Galaxy Watch and do not clean it with the ultrasonic waves or the external heat sources. Doing so may damage the Galaxy Watch. Skin irritation may be caused by soap, detergents hand sanitizers, or cleaning agents left on the Galaxy Watch.
- Clean your wrist and band after exercising or sweating. Clean the Galaxy Watch with freshwater, wipe it with a little rubbing alcohol and dry your Galaxy Watch thoroughly.
- When you remove sun block, lotion, or oil, use a soap-free detergent, then rinse and dry your Galaxy Watch thoroughly.
- If the Galaxy Watch gets stained or contains any materials, wipe it with a moistened soft bristle toothbrush.

Use caution if you are allergic to any materials on the Galaxy Watch

- Samsung has tested the noxious materials found on the Galaxy Watch through the internal and external certificate authorities, including the test for all materials which contact with skin, skin toxicity test, and the Galaxy Watch-wearing test.
- The Galaxy Watch includes nickel. Take the necessary precautions if your skin is hypersensitive or you have an allergy to any materials found on the Galaxy Watch.
  - **Nickel**: The Galaxy Watch contains a small amount of nickel, which is below its reference point limited by the Europe REACH regulation. You will not be exposed to the nickel inside the Galaxy Watch and the Galaxy Watch has passed the international certificated test. However, if you are sensitive to nickel, be careful to use the Galaxy Watch.
- Only the materials observed the standards of the U.S Consumer Product Safety Commission (CPSC), the regulations of the European countries, and other international standards are used to make a Galaxy Watch.
- For more information about how Samsung manages chemicals, refer to the Samsung website (https://www.samsung.com/uk/aboutsamsung/sustainability/environment/).

Device layout

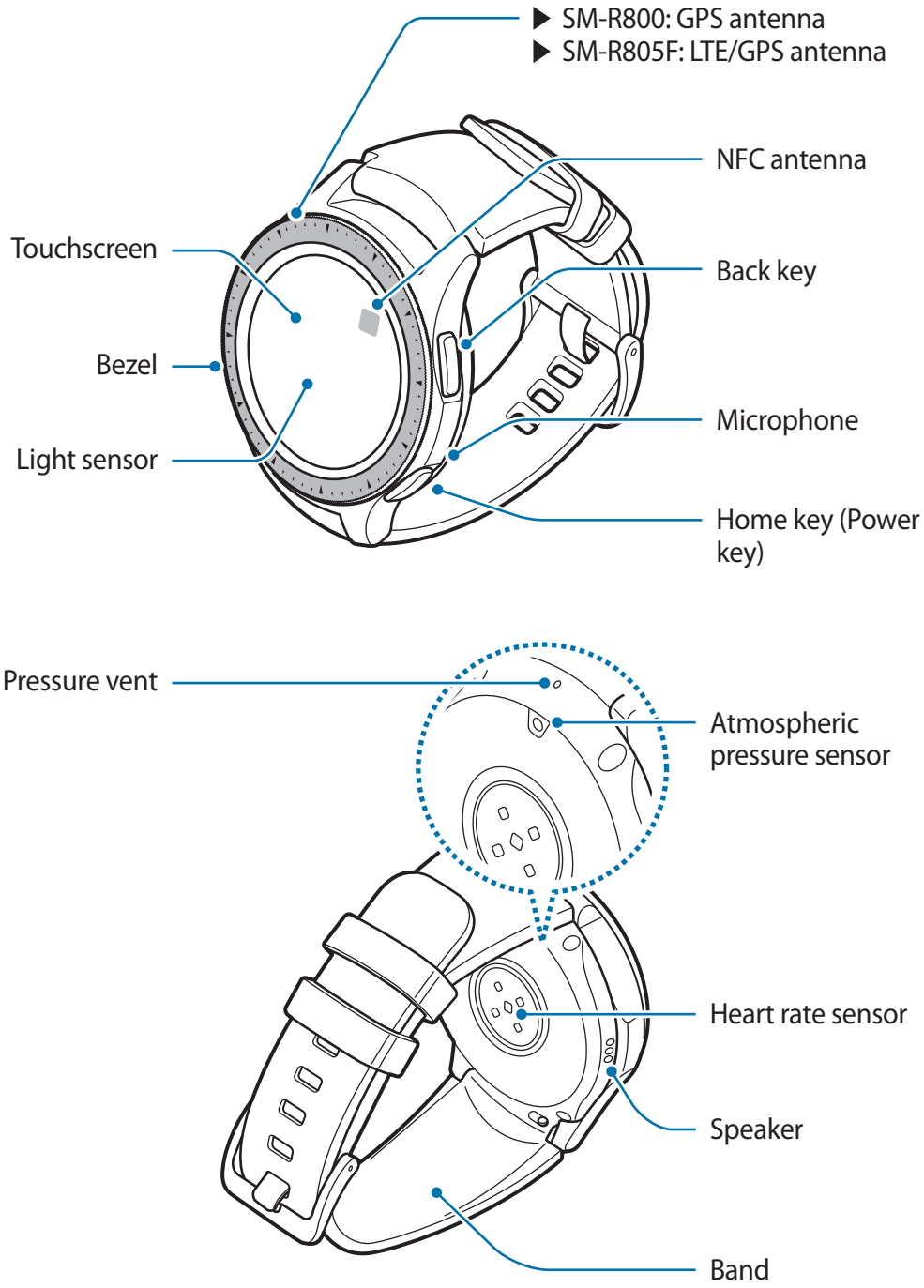
Package contents

Refer to the quick start guide for package contents.

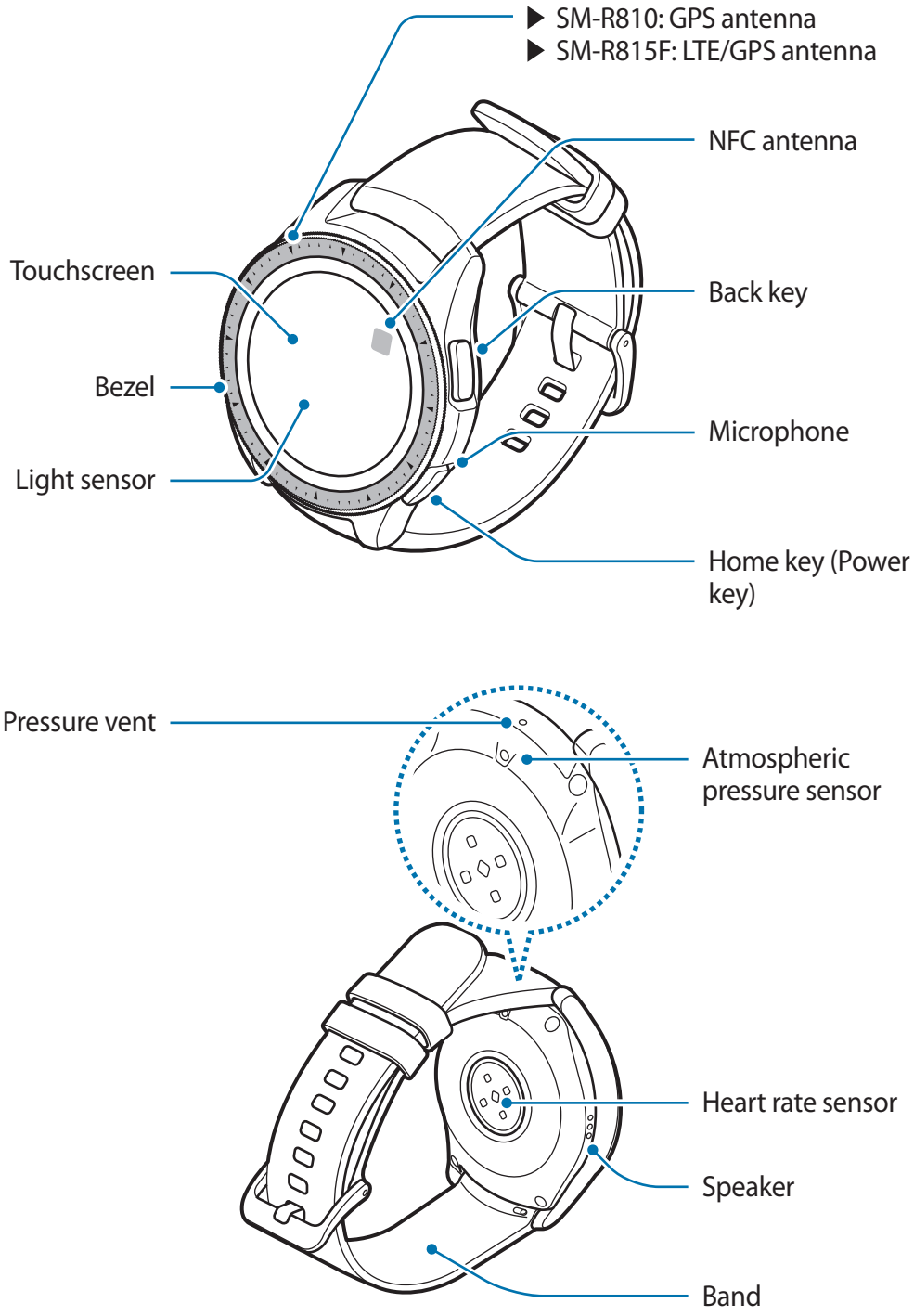
- The bands available may differ by model. Use the proper band which fits in each model's size.
- The items supplied with the Galaxy Watch and any available accessories may vary depending on the region or service provider.
- The supplied items are designed only for this Galaxy Watch and may not be compatible with other devices.
- Appearances and specifications are subject to change without prior notice.
- You can purchase additional accessories from your local Samsung retailer. Make sure they are compatible with the Galaxy Watch before purchase.
- Except the Galaxy Watch, some accessories, such as docking devices, may not have the same water- and dust-resistance certification.
- Use only Samsung-approved accessories. Using unapproved accessories may cause the performance problems and malfunctions that are not covered by the warranty.
- Availability of all accessories is subject to change depending entirely on manufacturing companies. For more information about available accessories, refer to the Samsung website.

Galaxy Watch

► **SM-R800, SM-R805F**



▶ SM-R810, SM-R815F



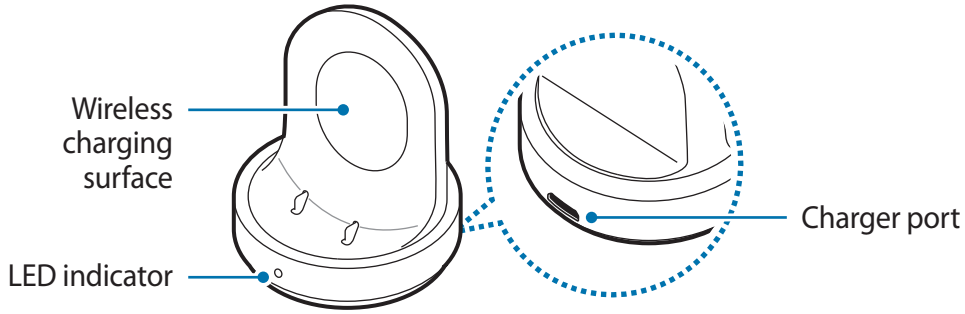
- Ensure that the band is kept clean. Contact with contaminants, such as dust and dye, can cause stains on the band that may not be fully removed.
- Do not insert sharp objects into the atmospheric pressure sensor, the pressure vent, speaker, or the microphone. Inner components of the Galaxy Watch may be damaged along with the water-resistance feature.

- Connectivity problems and battery drain may occur in the following situations:
  - If you attach metallic stickers on the antenna area of the Galaxy Watch
  - If you cover the Galaxy Watch's antenna area with your hands or other objects while using certain features, such as calls or the mobile network connection
- Make sure the Galaxy Watch's microphone is not obstructed when you are speaking into it.
- The pressure vent ensures that Galaxy Watch's inner parts and sensors work correctly when you use the Galaxy Watch in environment where the atmospheric pressure changes.

Keys

Key	Function
Home/Power	• Press and hold to turn the Galaxy Watch on or off. • Press to turn on the screen. • Press and hold for more than 7 seconds to restart the Galaxy Watch. • Press to open the Apps screen when you are on the Watch screen. • Press to open the Watch screen when you are on any other screen.
Back	• Press to return to the previous screen.

Wireless charging dock



Do not expose the wireless charging dock to water because the wireless charging dock does not have same water- and dust- resistance certification as your Galaxy Watch.

Battery

Charging the battery

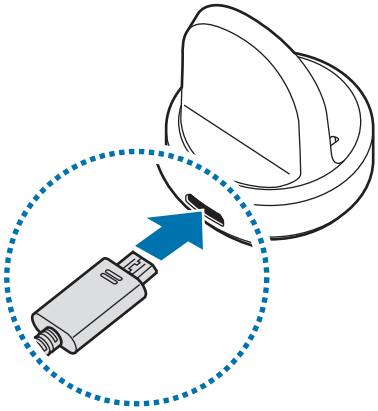
Charge the battery before using it for the first time or when it has been unused for extended periods.

Use only Samsung-approved chargers, batteries, and cables. Unapproved chargers or cables can cause the battery to explode or damage the Galaxy Watch.

- Use the supplied wireless charging dock and charger. The Galaxy Watch cannot be charged properly with a third-party charger.
- Connecting the charger improperly may cause serious damage to the device. Any damage caused by misuse is not covered by the warranty.

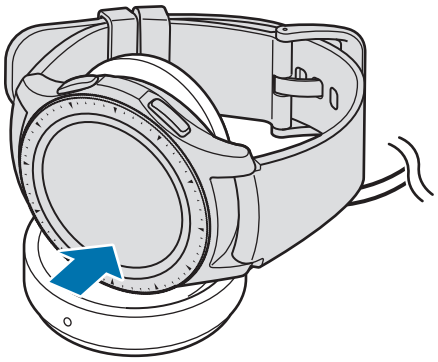
To save energy, unplug the charger when not in use. The charger does not have a power switch, so you must unplug the charger from the electric socket when not in use to avoid wasting power. The charger should remain close to the electric socket and be easily accessible while charging.

1 Plug the small end of the charger into the charger port of the wireless charging dock and plug the large end of the charger into an electric socket.



2 Place the Galaxy Watch into the wireless charging dock aligning the centre of your Galaxy Watch's back side with the centre of the wireless charging dock.

When you use the Galaxy Watch with the metal band (sold separately), press the Galaxy Watch's lower section in the direction of the arrow shown in the figure below after placing it into the wireless charging dock to connect them properly. If the Galaxy Watch and the wireless charging dock do not come into contact with each other properly, the Galaxy Watch may not charge well.



Checking the charging status

When you connect the Galaxy Watch and the wireless charging dock, the wireless charging dock's LED indicator flashes certain colours to indicate the charging status.

Colour	Charging status
Red	Charging
Green	Fully charged
Orange	Connected to a low-power adaptor

When a wireless charging dock error occurs, the LED indicator flashes red. Disconnect the Galaxy Watch from the wireless charging dock, wait until the LED indicator stops flashing and reconnect the two. If the error occurs again, contact a Samsung Service Centre for service support.

Battery charging tips and precautions

- If there are obstructions between the Galaxy Watch and the wireless charging dock, the Galaxy Watch may not charge properly. Prevent the Galaxy Watch and the wireless charger from coming into contact with sweat, liquids, or dust.
- When the battery power is low, the battery icon appears empty.
- If the battery is completely discharged, the Galaxy Watch cannot be turned on immediately when the charger is connected. Allow a depleted battery to charge for a few minutes before turning on the Galaxy Watch.
- If you use multiple apps at once, the battery will drain quickly. To avoid losing power during a data transfer, always use these apps after fully charging the battery.
- Using a power source other than the charger, such as a computer, may result in a slower charging speed due to a lower electric current.
- If the Galaxy Watch is being charged with other devices via a multi charger, charging may take longer.
- The Galaxy Watch can be used while it is charging, but it may take longer to fully charge the battery.

- If the Galaxy Watch receives an unstable power supply while charging, the touchscreen may not function. If this happens, disconnect the Galaxy Watch from the wireless charging dock.
- While charging, the Galaxy Watch may heat up. This is normal and should not affect the Galaxy Watch's lifespan or performance. If the battery gets hotter than usual, the charger may stop charging for your safety. If this happens, continue charging the Galaxy Watch after allowing it to cool down by removing it from the wireless charging dock.
- If the Galaxy Watch is not charging properly, take the Galaxy Watch to a Samsung Service Centre.
- Avoid using a bent or damaged USB cable. If the USB cable is damaged, stop using it.

Power saving mode

Activate power saving mode to extend the battery's usage time.

- Displays colours on the screen as grey tones.
- Disables all features except emergency call (when using the mobile network model), and only the notifications from apps that do not need a mobile network connection can be available. However, phone, messaging, and notifications are available when the Galaxy Watch is connected to a mobile device via Bluetooth.
- Deactivates the Wi-Fi network and the mobile network.
- Limits the performance of the Galaxy Watch's CPU.

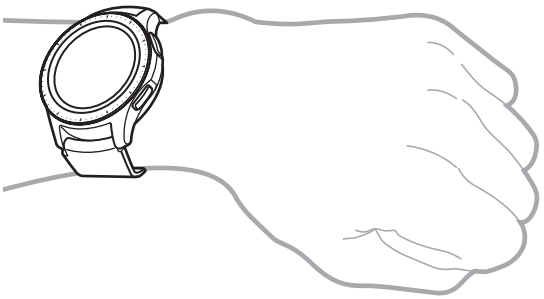
On the Apps screen, tap (**Settings**) → **Battery** → **Power saving** → ✓. Alternatively, tap → ✓ on the quick panel to activate power saving mode. For more information about how to open the quick panel, refer to Quick panel.

To deactivate this mode, tap **OFF** at the bottom of the power saving mode screen and tap ✓. Alternatively, tap → ✓ on the quick panel to deactivate power saving mode.

Wearing the Galaxy Watch

Putting on the Galaxy Watch

Open the buckle and place the band around your wrist. Fit the band to your wrist, insert the pin into an adjustment hole, and then secure the buckle to close it.



Do not bend the band excessively. Doing so may damage the Galaxy Watch.

- To measure your heart rate more accurately with the Galaxy Watch, wear the Galaxy Watch firmly around your lower arm just above the wrist. Refer to Wearing the Galaxy Watch correctly for details.
- When certain materials come into contact with the back of the Galaxy Watch, your Galaxy Watch may recognise that you are wearing it on your wrist.
- If your Galaxy Watch does not register that a motion has occurred for more than 10 minutes, your Galaxy Watch may recognise that you are not wearing it on your wrist.

Band tips and precautions

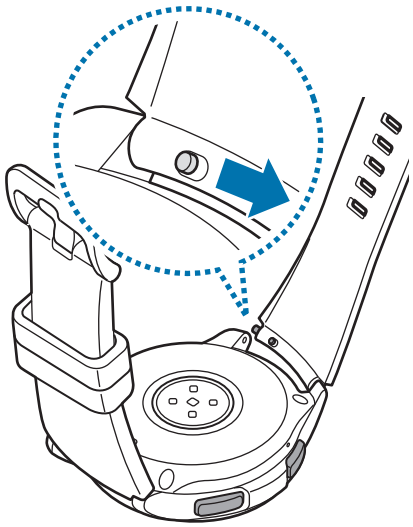
- When you wear the Galaxy Watch for a long time or do a high-intensity exercise while wearing it, skin irritation may occur due to friction and pressure. If you wearing your Galaxy Watch for a long time, remove the Galaxy Watch from your wrist and do not wear your Galaxy Watch for several hours.
- Skin irritation may occur due to an allergy, environment factors, other factors, or when your skin is exposed to soap or sweat for long periods. In this case, stop using your Galaxy Watch and wait 2 or 3 days for the symptoms to ease. If the symptoms persist or worsen, immediately call your doctor.
- Make sure your skin is dry before wearing your Galaxy Watch. If you wear a wet Galaxy Watch for a long time, your skin may be affected.
- If you use your Galaxy Watch in the water, remove foreign materials from your skin and Galaxy Watch and dry them thoroughly to prevent the skin irritation.
- Do not use any accessories except the Galaxy Watch in the water.

Replacing the band

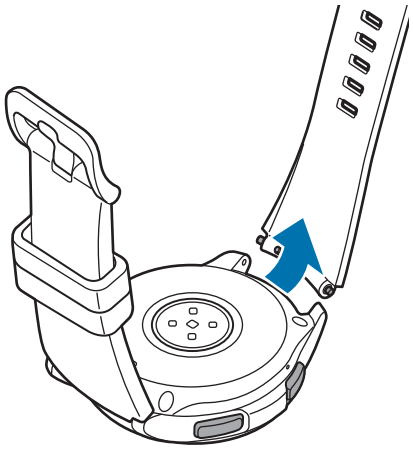
Detach the band from the Galaxy Watch to replace it with a new one.

The band's appearance may vary depending on your model.

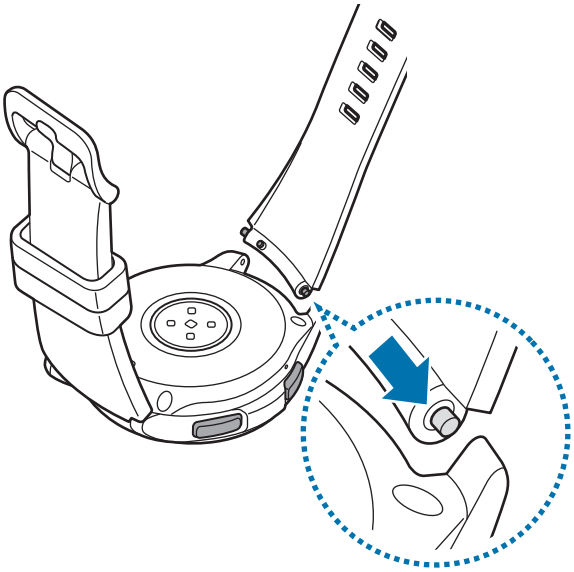
1 Slide the band's spring bar inwards.



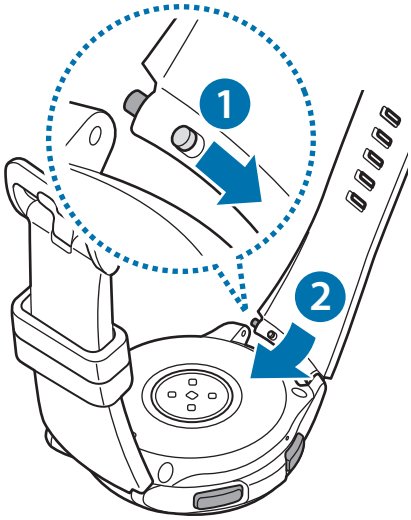
2 Pull the band away from the Galaxy Watch's body.



3 Insert one end of the spring bar into the Galaxy Watch's lug.



4 Slide the spring bar inwards and connect the band.

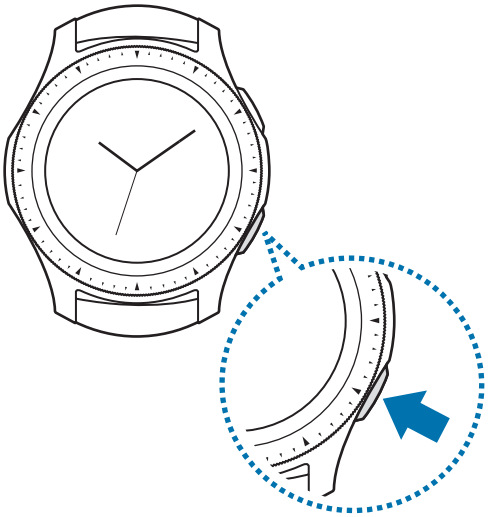


Turning the Galaxy Watch on and off

Press and hold the Home key (Power key) for a few seconds to turn on the Galaxy Watch.

When you turn on the Galaxy Watch for the first time or reset it, on-screen instructions will appear to download and install the Galaxy Wearable app on your mobile device. Refer to Connecting the Galaxy Watch to a mobile device for details.

To turn off the Galaxy Watch, press and hold the Home key (Power key), and then tap **Power off**.



Follow all posted warnings and directions from authorised personnel in areas where the use of wireless devices is restricted, such as aeroplanes and hospitals.

Restarting the Galaxy Watch

If your Galaxy Watch is frozen and unresponsive, press and hold the Home key (Power key) for more than 7 seconds to restart it.

Connecting the Galaxy Watch to a mobile device

Installing the Galaxy Wearable app

You can use other various features after connecting your Galaxy Watch to a mobile device. To connect your Galaxy Watch to a mobile device, install the Galaxy Wearable app on the mobile device.

Depending on your mobile device, you can download the Galaxy Wearable app from the following places:

- Samsung Android devices: **Galaxy Apps**, **Play Store**
- Other Android devices: **Play Store**

You cannot install the Galaxy Wearable app on the mobile devices that do not support Galaxy Watch syncing. Ensure that your mobile device is compatible with a Galaxy Watch.

Connecting the Galaxy Watch to a mobile device via Bluetooth

Galaxy Watch

1 Turn on the Galaxy Watch.

A screen will appear about downloading and installing the Galaxy Wearable app.

2 Tap and select a language to use.

If you want to use your Galaxy Watch without connecting it to a mobile device, refer to Using the Galaxy Watch without a mobile device.

Mobile device

3 Launch **Galaxy Wearable**.

If necessary, update the Galaxy Wearable app to the latest version.

4 Tap **START THE JOURNEY**.

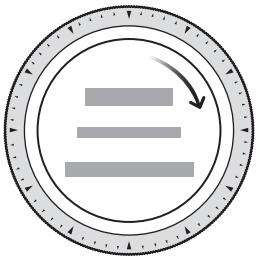
5 Select your device on the screen.

If you cannot find your device, tap **MINE'S NOT HERE**.

6 Tap **TURN ON** when the Bluetooth activation request window appears.

7 Follow the on-screen instructions to complete the connection.

When completing the connection, an on-screen tutorial will appear on both the Galaxy Watch's screen and the mobile device. Follow the on-screen instructions to learn the Galaxy Watch's basic controls.



- Connection methods and screen may vary depending on your mobile device and software version.
- The Galaxy Watch is smaller than normal mobile devices so the network quality may be lower, especially in areas with weak signals or poor reception. When using your Galaxy Watch without connecting to a mobile device or when a Bluetooth connection is unavailable, your cellular network or Internet connection may be poor or become disconnected.
- When you connect your Galaxy Watch to a mobile device for the first time after resetting it, the Galaxy Watch's battery may drain more quickly while syncing data, such as contacts.
- Supported mobile devices and features may vary depending on your region, service provider, and device manufacturer.

Activating the Galaxy Watch's mobile network

You can receive calls and messages on your Galaxy Watch without mobile device, and also use various other services through the mobile network after activating it.

Begin by connecting your Galaxy Watch to the mobile device. For more information, refer to Connecting the Galaxy Watch to a mobile device.

- Check that the service providers of your Galaxy Watch and mobile device are the same. The connection method may vary depending on the service provider and region.
- The mobile device must be connected to a Wi-Fi or mobile network.
- You can activate the mobile network only when you use a mobile device running the Android operating system 5.0 or later and with 1.5 GB of RAM or more.
- If the mobile network cannot be activated properly, contact your service provider.

- While connecting your Galaxy Watch to the mobile device, activate the mobile network on the **Mobile service for your watch** screen.
- On the Galaxy Watch's Apps screen, tap (**Settings**) → **Connections** → **Mobile networks** and follow the on-screen instructions to complete the connection.
- Launch **Galaxy Wearable** on your mobile device, tap **SETTINGS** → **Mobile networks**, and then follow the on-screen instructions to complete the connection.

Connecting the Galaxy Watch to a new mobile device

When you connect the Galaxy Watch to your new mobile device, on-screen instructions will ask you to reset the Galaxy Watch. Make sure you back up any important data stored in your Galaxy Watch before connecting your Galaxy Watch to a new mobile device. For more information about backing up your Galaxy Watch, refer to Backing up and restoring data.

1 On the Apps screen, tap (**Settings**) → **Connect to new phone** → ✓.

The connection between your Galaxy Watch and your mobile device will end. After a light reset, it will automatically enter Bluetooth pairing mode.

2 On your new mobile device, launch **Galaxy Wearable** to connect to your Galaxy Watch.

If the mobile device you want to connect to is already connected to another device, launch **Galaxy Wearable** on your mobile device and tap ⋮ → **Connect new device** to connect with a new device.

Remote connection

Your Galaxy Watch and mobile device are connected via Bluetooth. When a Bluetooth connection is not available, you can remotely connect the Galaxy Watch to your mobile device by using your Samsung account via the mobile network or the Wi-Fi network. This allows you to continue receiving notifications from your mobile device.

This feature is automatically activated when you connect to your mobile device via Bluetooth for the first time.

If this feature is not turned on, launch **Galaxy Wearable** on your mobile device, tap **SETTINGS** → **Watch connection**, and then tap the **Remote connection** switch.

Using the Galaxy Watch without a mobile device

You can use the Galaxy Watch without connecting it to a mobile device. Use your Galaxy Watch conveniently without connecting to a mobile device while doing outdoor activities such as climbing a mountain or exercise. You can set to use the Galaxy Watch without a mobile device when you turn on the Galaxy Watch for the first time or you reset it.

- Some features are not available when you using your Galaxy Watch without connecting to a mobile device.
- Visit www.samsung.com to view legal notices provided when setting Without phone connection mode for the first time.

1 Turn on the Galaxy Watch.

2 Tap and select a language to use.

3 Tap, scroll down the screen, and tap **here**.

4 Check the notice and tap **Continue** >.

5 Read the terms and conditions and tap **NEXT** to agree to them.

6 Login with your Samsung account.

7 If you need to restore data, restore another Galaxy Watch's data stored in your Samsung account.

8 Connect to the mobile network.

This step does not appear when you use the Bluetooth model.

9 Set a time zone.

10 Set a PIN for restoring or backing up data.

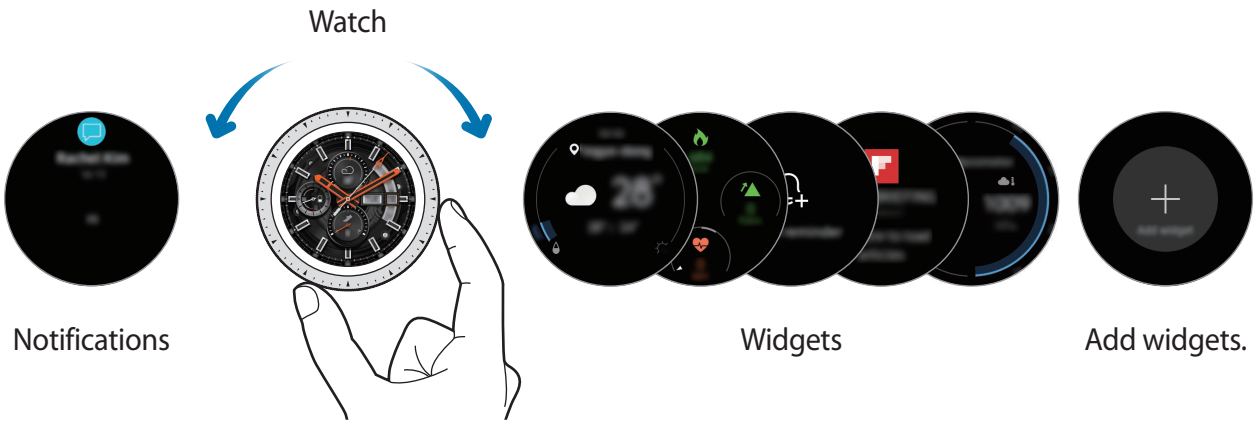
On the Apps screen, tap (**Settings**) → **Connect to phone** → and enter the PIN to connect the Galaxy Watch to a mobile device while using the Galaxy Watch without a mobile device.

Controlling the screen

Screen composition

The Watch screen is the starting point for accessing all of the Galaxy Watch's many screens.

You can view other screens by pressing the key, rotating the bezel, or swiping your finger on the screen.



Available widgets, notifications, and their arrangement may vary depending on the software version.

Adding widgets

You can add more widgets on the Home screen.

Scroll left on the screen, tap ⊕, and select a widget. The selected widget will appear in a new panel.

Moving widgets

Tap and hold a widget and then drag it to the desired location.

Removing widgets

Tap and hold a widget and then tap ⊖.

Turning the screen on and off

To turn on the screen, rotate the bezel. Or, press the Home key or the Back key.

If the screen does not turn on after you rotate the bezel, tap (**Settings**) on the Apps screen, tap **Advanced** → **Bezel wake-up**, and then tap the **Bezel wake-up** switch to activate the feature.

To turn off the screen, cover it with your palm. Also, the screen will automatically turn off if the Galaxy Watch is not used for a specified period.

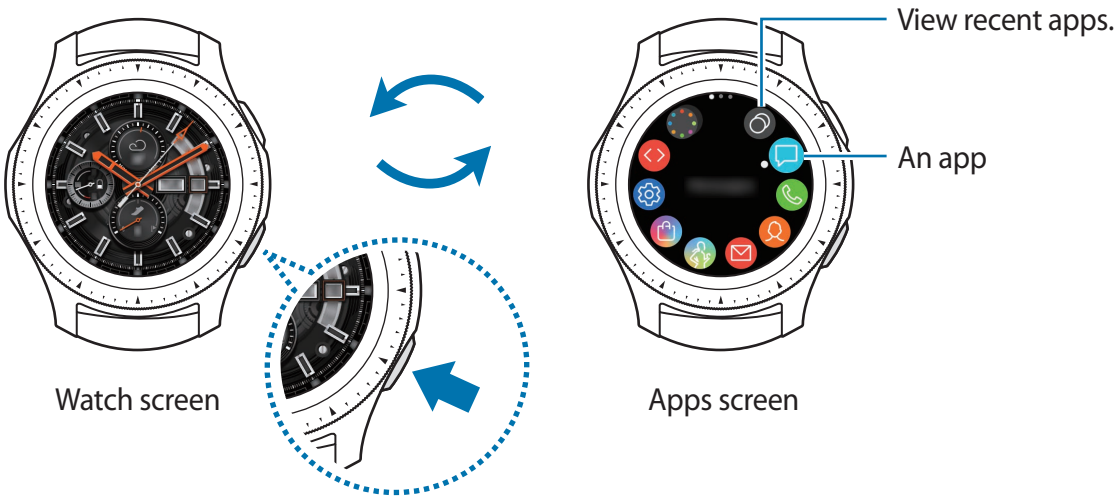
You can also turn on the screen using the wake-up gesture feature. On the Apps screen, tap (**Settings**) → **Advanced** → **Wake-up gesture** and tap the **Wake-up gesture** switch to activate it.

Switching the screen

Switching between the Watch and Apps screen

To open the Apps screen, press the Home key on the Watch screen.

To return to the Watch screen, press the Home key.



Apps screen

The Apps screen displays icons for all apps.

To view other panels, rotate the bezel or swipe the screen to the left or right.

The available apps may vary depending on the software version.

Opening apps

On the Apps screen, tap an app icon to open the app.

To open an app from the list of recently used apps, tap (**Recent apps**) on the Apps screen.

You can launch apps directly when you add frequently used apps to the **App shortcuts** widget. Tap and add the app you want. If there is no space to add the frequently used app, tap and hold the screen, tap **EDIT**, and then tap on the previously added app to add another app.

Closing apps

1 On the Apps screen, tap (**Recent apps**).

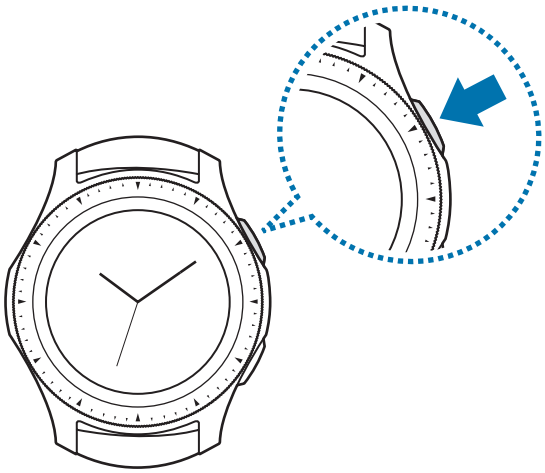
2 Rotate the bezel or swipe the screen to the left or right to highlight the app you want to close.

3 Tap .

To close all running apps, tap **CLOSE ALL**.

Returning to the previous screen

To return to the previous screen, press the Back key.



Using the bezel

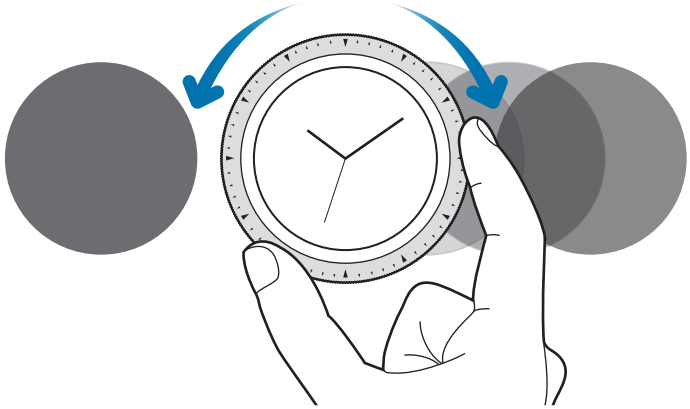
Rotate the bezel to easily control the Galaxy Watch's various functions.

- Make sure the bezel area is free from the foreign materials like dust or sand.
- Do not use the bezel near magnetic fields as they may interfere with the bezel's internal magnets and cause it to malfunction.

If the bezel does not rotate, take it to a Samsung Service Centre without disassembling the Galaxy Watch.

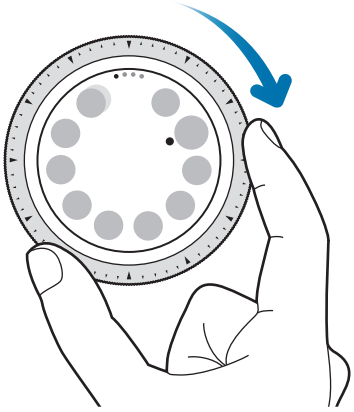
Scrolling through screens

Rotate the bezel to view other screens. On the Watch screen, rotate the bezel anticlockwise to view notifications.



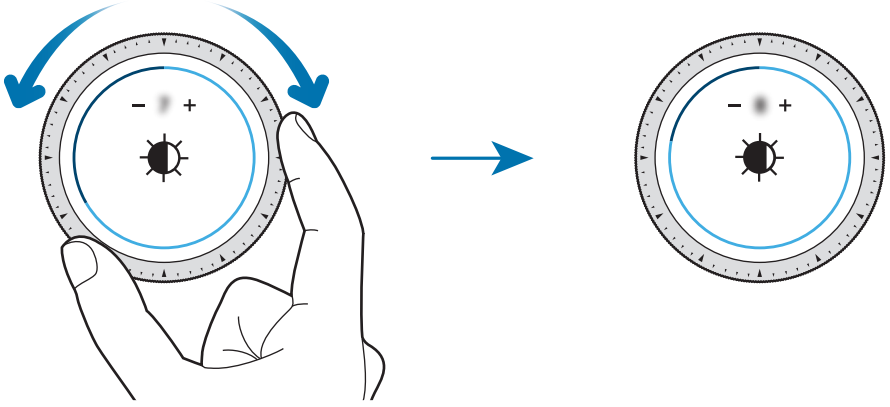
Selecting an item

Rotate the bezel to move from item to item. When you rotate the bezel, the highlight indicator will move in same direction and an item will be highlighted.



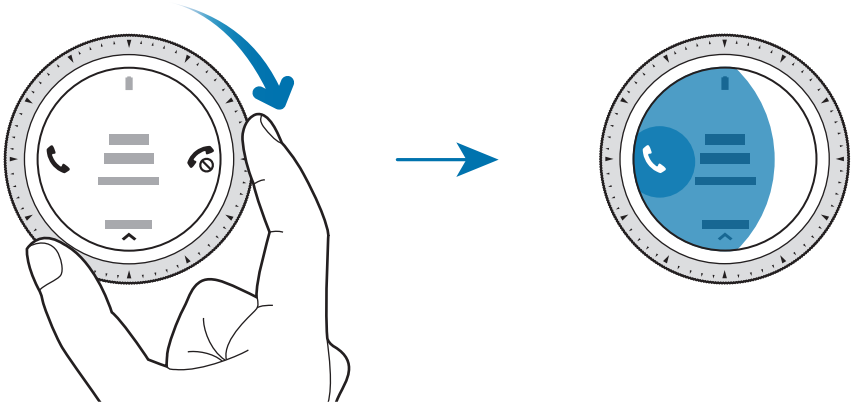
Adjusting the input value

Rotate the bezel to adjust the volume or brightness. When adjusting the brightness, rotate the bezel clockwise to make the screen brighter.



Using the phone or alarm feature

Rotate the bezel clockwise to receive an incoming call or to dismiss an alarm. Rotate the bezel anticlockwise to reject an incoming call or to activate the snooze feature for an alarm.



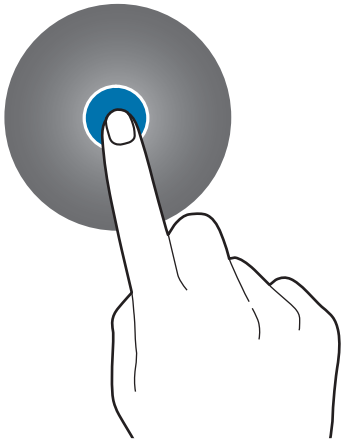
Touchscreen

- Do not allow the touchscreen to come into contact with other electrical devices. Electrostatic discharges can cause the touchscreen to malfunction.
- To avoid damaging the touchscreen, do not tap it with anything sharp or apply excessive pressure to it with your fingertips.

- The Galaxy Watch may not recognise touch inputs close to the edges of the screen, which are outside of the touch input area.
- It is recommended to use fingers when you use the touchscreen.
- The touchscreen may not be available when water lock mode is activated.

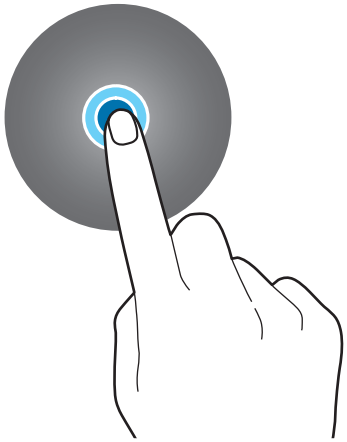
Tapping

To open an app, to select a menu item, or to press an on-screen button, tap it with your finger.



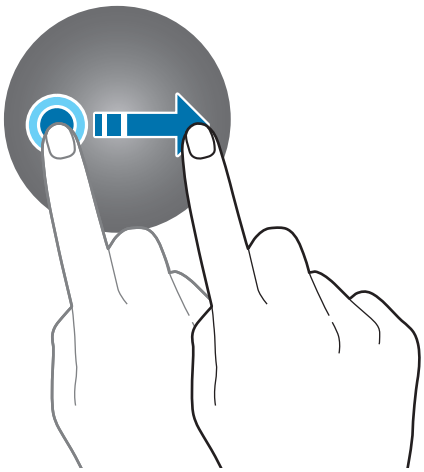
Tapping and holding

Tap and hold the screen for two or more seconds to access the Edit mode or to view available options.



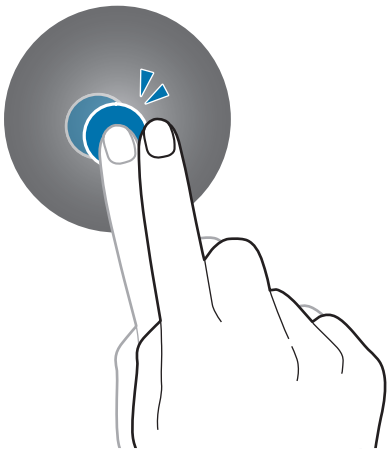
Dragging

To move an item, tap and hold it and drag it to the target position.



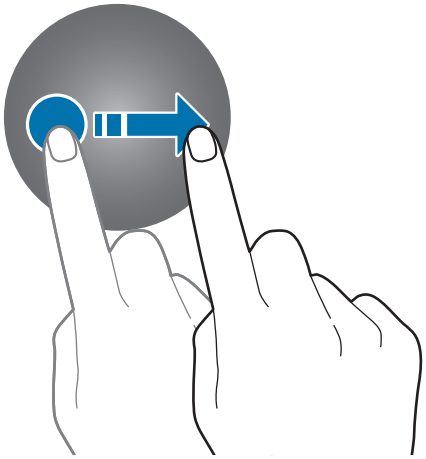
Double-tapping

Double-tap on an image to zoom in. Double-tap again to return.



Swiping

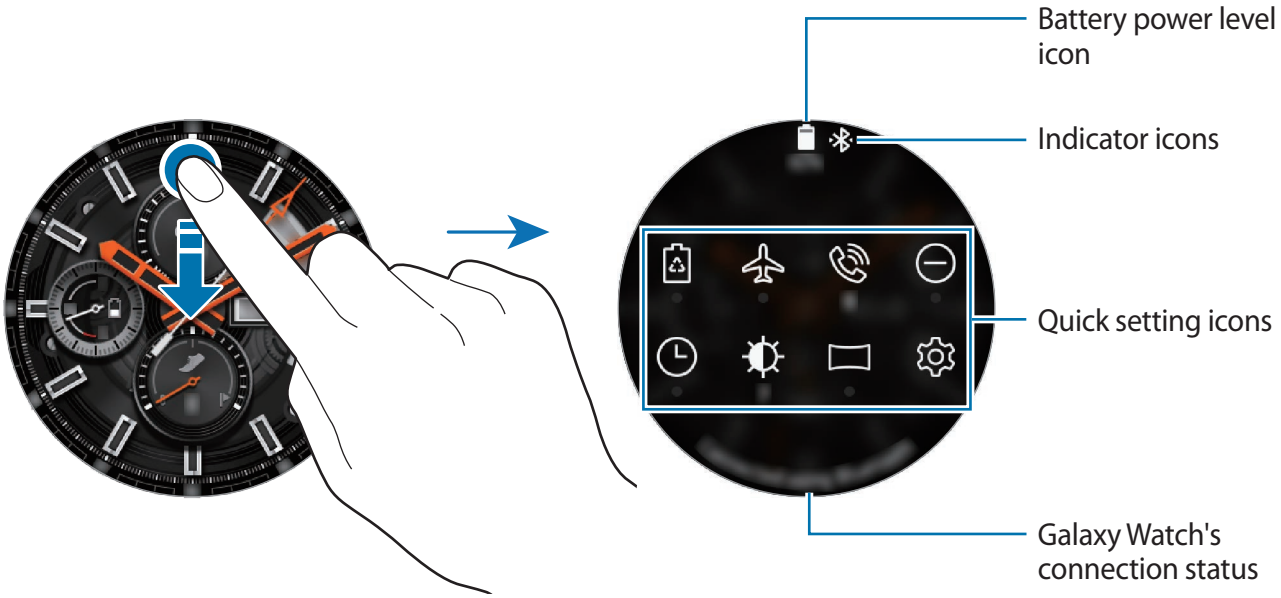
Swipe to the left or right to view other panels.



Quick panel

This panel allows you to view the Galaxy Watch's current status and configure settings.

Swipe downwards from the top edge of the screen.



Checking the indicator icons

Indicator icons appear at the top of the quick panel and let you know the Galaxy Watch's current status. The icons listed in the table below are most common.

The indicator icons shown may vary depending on the region.

Icon	Meaning
	Bluetooth connected
	Bluetooth disconnected
	Signal strength (only for mobile network models)
	Bluetooth headset connected
3G	3G network connected (only for mobile network models)
LTE	LTE network connected (only for mobile network models)
	Wi-Fi connected
	Transferring the call to Galaxy Watch
	Battery power level

Checking quick setting icons

Quick setting icons appear on the quick panel. Tap the icon to change the basic settings or launch the function conveniently. Up to eight icons are displayed on the quick panel.

To add the new icons on the quick panel, refer to Editing the quick setting icons.

Icon	Meaning
	Activate power saving mode
	Activate flight mode
	Open the volume menu
	Activate do not disturb mode

Icon	Meaning
	Activate the watch always on feature
	Adjust the brightness
/	Connect the Wi-Fi network or connect the Wi-Fi network automatically
	Open the settings screen
	Activate the NFC feature
	Launch the **Find My Phone** app
	Connect the mobile network
	Open the battery management menu
	Connect the Bluetooth headset
/ /	Activate sound, vibrate, or silent mode
	Activate theatre mode
	Activate water lock mode
	Activate the location information feature
/	Play or pause music
	Activate goodnight mode
	Activate the touch sensitivity feature

Editing the quick setting icons

You can edit the icons on the quick panel and up to eight icons can be added. You can add a new icon only after removing one if eight icons have already been added.

Removing a quick setting icon

Tap and hold an icon you want to delete on the quick panel and tap .

The quick setting icon will be removed.

Adding a quick setting icon

Tap and hold a quick setting icon and tap ⊕, then select a feature you want to add on the quick panel.

The icon for the feature you select will be added on the quick panel.

You can also edit the quick panel by tapping (**Settings**) → **Advanced** → **Edit quick settings**.

Activating power saving mode

Activate power saving mode to restrict some Galaxy Watch features and reduce the battery usage.

On the quick panel, tap .

Once enabled, colours will appear in grey tones.

Refer to Power saving mode for more information.

Activating the flight mode

You can activate the flight mode when you board an aeroplane. Activating this feature will restrict apps that require an network connection, but allow you to use other apps and features as normal.

On the quick panel, tap .

The icon will appear at the top of the Watch screen.

Opening the volume menu

Adjust the volume levels for the ringtone, media, notifications, and the system.

On the quick panel, tap .

Adjust the volume by rotating the bezel, or tapping + or —.

- The ringtone screen does not appear when you use the Bluetooth model without connecting to a mobile device.
- When the Voice Assistant feature is activated, you can also adjust the accessibility volume.

Activating do not disturb mode

When a notification, except an alarm, is received, you can set your Galaxy Watch not to vibrate and not to turn on the screen.

On the quick panel, tap ⊖ and set do not disturb mode.

The ⛔ icon will appear at the top of the Watch screen.

Activating the watch always on feature

You can set the screen to turn on even though you are not using your Galaxy Watch while wearing it.

On the quick panel, tap 🕒.

If you activate this feature, the battery will drain more quickly than normal.

Adjusting the brightness

You can adjust the Galaxy Watch's display brightness to suit the environment.

On the quick panel, tap ☀ and adjust the brightness by rotating the bezel, or tap + or —.

Connecting to a Wi-Fi network

Connect to a Wi-Fi network manually or set the Wi-Fi network to connect automatically.

On the quick panel, tap Wi-Fi or Wi-Fi A.

The Wi-Fi network will be connected or disconnected. To set the Wi-Fi network to connect automatically, tap the Wi-Fi icon until Wi-Fi A appears.

Wi-Fi A does not appear and the Wi-Fi network does not connect automatically when you use the Galaxy Watch without connecting to a mobile device.

Opening the Settings screen

Open the Setting screen to configure the Galaxy Watch's various features and apps.

On the quick panel, tap ⚙.

The Settings screen will appear.

Activating the NFC feature

Activate the NFC feature.

On the quick panel, tap .

The NFC feature can be used conveniently with the NFC antenna. For more information, refer to NFC.

Launching the Find My Phone app

Launch the **Find My Phone** app and find your mobile device when you misplace it.

On the quick panel, tap .

The mobile device will emit sound and turn on the screen. For more information, refer to Find My Watch.

This feature is not displayed when you use the Galaxy Watch without connecting to a mobile device.

Connecting to a mobile network

Connect or disconnect the mobile network.

On the quick panel, tap .

The mobile network is connected and you can receive phone calls and messages.

This feature is not displayed on the Bluetooth model.

Opening the battery management menu

Open the battery management menu to manage the battery consumption easily.

On the quick panel, tap .

The battery management menu will be appear.

Connecting the Bluetooth headset

Connect the Bluetooth headset and you can listen music and have a phone conversations through it.

On the quick panel, tap .

The Bluetooth feature is activated and the available Bluetooth headsets list will be searched. If the previously used Bluetooth is available, it will be connected automatically.

Activating sound, vibrate, or silent mode

Activate sound, vibrate, or silent mode.

On the quick panel, tap , or .

Activating theatre mode

Activate theatre mode for watching movies.

On the quick panel, tap .

The icon will appear at the top of the Watch screen. The screen will remain off, the sound will be muted, and the wake-up gesture feature and watch always on feature will be deactivated automatically.

Activating water lock mode

You can activate water lock mode when you exercise in water.

On the quick panel, tap .

The touchscreen, the wake-up gesture feature, and the watch always on feature will be deactivated.

Press and hold the Home key until the circle disappears to turn off water lock mode.

Activating the location information feature

Activate the location information to use GPS data and location data with certain apps.

On the quick panel, tap .

Playing or pausing music

Play or pause music.

On the quick panel, tap ▷ or ▯▯.

Music is played or paused on the Galaxy Watch and the connected mobile device. You can listen to music after connecting the Bluetooth headset.

Activating goodnight mode

Activate goodnight mode for sleeping.

On the quick panel, tap ☽.

The ☽ icon will appear at the top of the Watch screen. All sounds, except for the touch sounds and alarms, will be muted and the wake-up gesture feature and watch always on feature will be deactivated automatically.

Activating the touch sensitivity feature

Activate the touch sensitivity feature to use the touchscreen while wearing gloves.

On the quick panel, tap .

Depending on the type of gloves, the touchscreen might not recognise your touch and the feature may not activate.

Lock screen

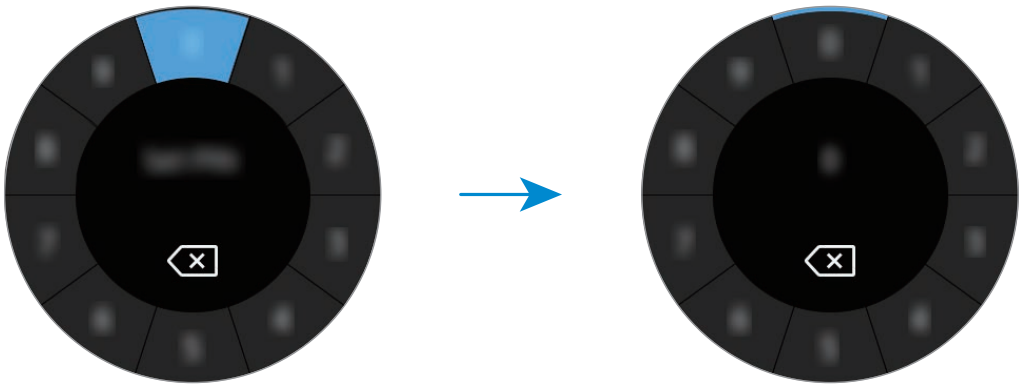
Use the screen lock feature to protect your personal information by preventing others from accessing your Galaxy Watch. After activating the screen lock feature, the Galaxy Watch will require an unlock code whenever unlocking it.

Setting the screen lock

On the Apps screen, tap (**Settings**) → **Security** → **Lock** → **Type** and select the lock method.

- **Pattern**: Draw a pattern with four or more dots to unlock the screen.
- **PIN**: Enter a PIN with at least four numbers to unlock the screen.

You can enter the PIN with the bezel. Rotate the bezel to move to the number you want to enter. After the colour of the number changes, the number will be entered.



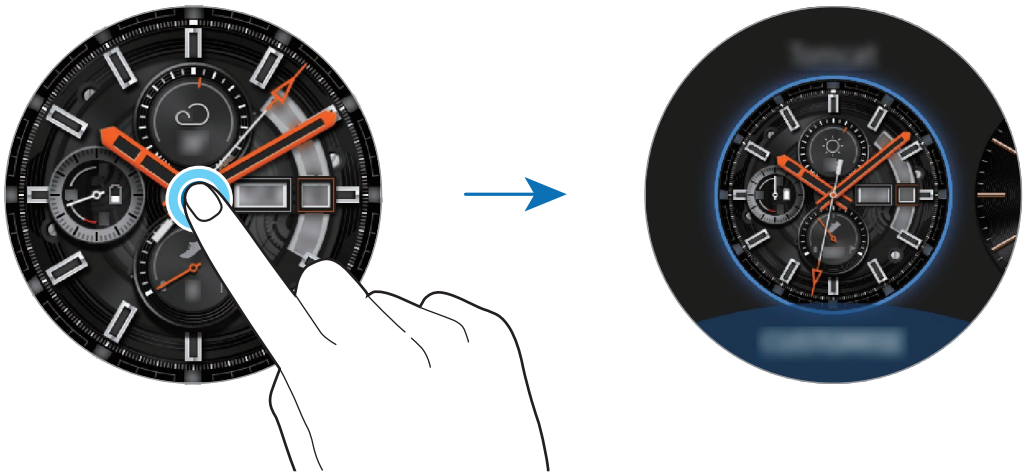
Watch

Watch screen

View the current time. When you are not on the Watch screen, press the Home key to return to the Watch screen.

Changing the watch face

Tap and hold the Watch screen and rotate the bezel, or swipe the screen to the left or right and then select a watch face. You can also customise the watch by tapping **CUSTOMISE**. To download more watch faces from the **Galaxy Apps** app, tap **Galaxy Apps**.



Tap and hold the Watch screen and rotate the bezel rapidly. The available watch faces will appear on the screen allowing you to select them easily. However, the **CUSTOMISE** feature is unavailable.

You can also change the Galaxy Watch's watch face from your mobile device. Launch **Galaxy Wearable** on your mobile device and tap **WATCH FACES**. To download more watch faces from **Galaxy Apps**, launch **Galaxy Wearable** and tap **INFO** → **VIEW MORE** of the **TOP WATCH FACES** card.

Customise a watch face with a photo

Apply a photo as your watch face after importing a photo from your mobile device. For more information about importing photos from a mobile device, refer to Importing images from your mobile device.

1 Tap and hold the Watch screen and rotate the bezel, or swipe the screen to the left or right and tap **CUSTOMISE** of the **My Photo+** watch face.

2 Tap the screen and tap **Add photo**.

3 Select a photo to apply as a watch face and tap **OK** → **OK**.

You can zoom in or out of the photo by rotating the bezel. When the photo is zoomed in, swipe the screen to make a part of the photo appear on the screen.

To add extra photos, rotate the bezel clockwise, or swipe the screen to the left and select **Add photo**. Up to twenty photos can be added as the watch face. The photos you add will rotate in a row.

4 Swipe the screen to change the colour or font and tap **OK**.

You can activate a ticking clock sound for some analog watch faces. On the **Ticking sound** screen, turn the ticking sound on or off by rotating the bezel.

Using the Watch always on feature

You can set the Galaxy Watch to display the time when the screen is turned off while wearing your Galaxy Watch.

On the quick panel, tap . Alternatively, on the Apps screen, tap (**Settings**) → **Watch faces** and tap the **Watch always on** switch to activate it.

Watch only mode

You can activate watch only mode. In watch only mode, only the watch will display and all other functions will be turned off.

On the Apps screen, tap (**Settings**) → **Battery** → **Watch only**.

Notifications

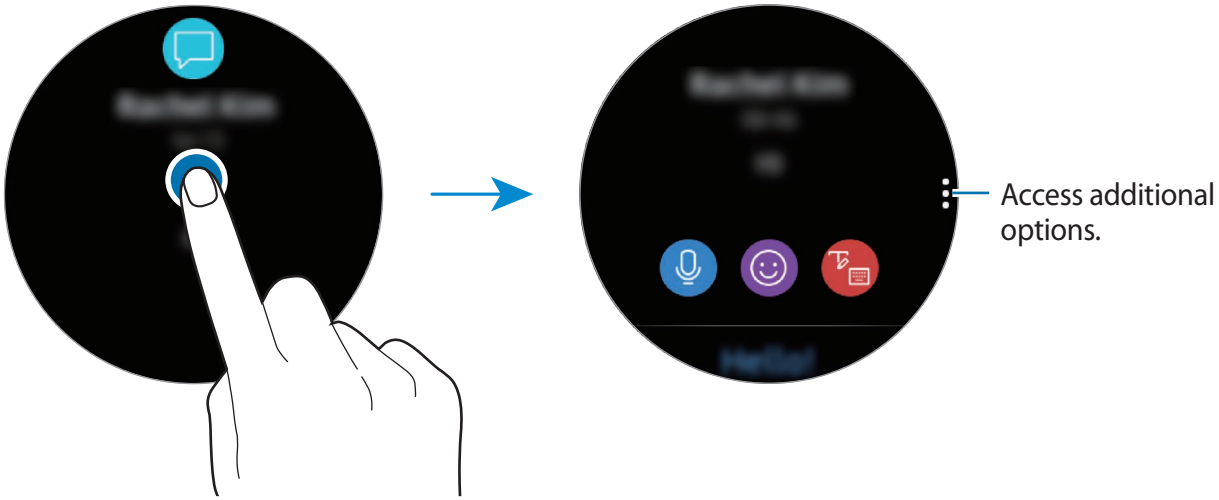
Notification panel

Check a notification such as a new message or a missed call on the notification panel. On the Watch screen, rotate the bezel anticlockwise or swipe to the right to open the notification panel. When there are unchecked notifications, an orange dot will be visible on the Watch screen.

Viewing incoming notifications

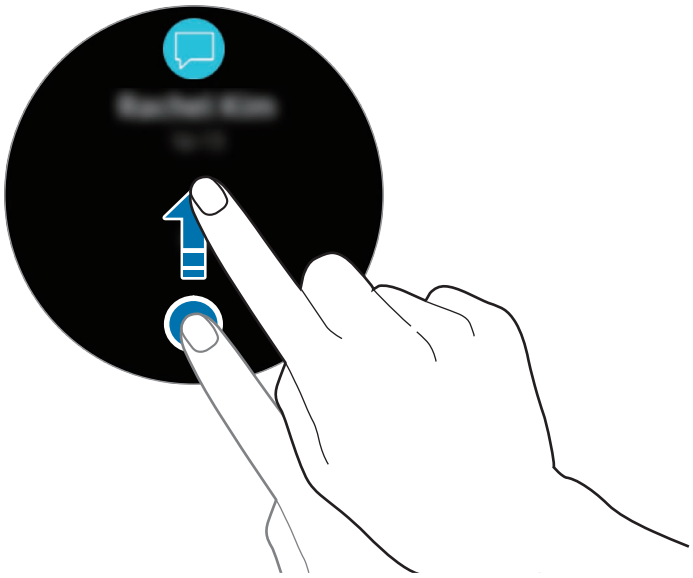
When you receive a notification, information about the notification, such as its type or the time you received it, will appear on the screen. If more than two notifications are received, rotate the bezel to view more notifications.

Tap the notification to view details.



Deleting notifications

Delete a notification by swiping upwards on the screen while viewing a notification.



Selecting apps for receiving notifications

Select an app from your mobile device to receive notifications.

1 Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Notifications**, and tap the switch.

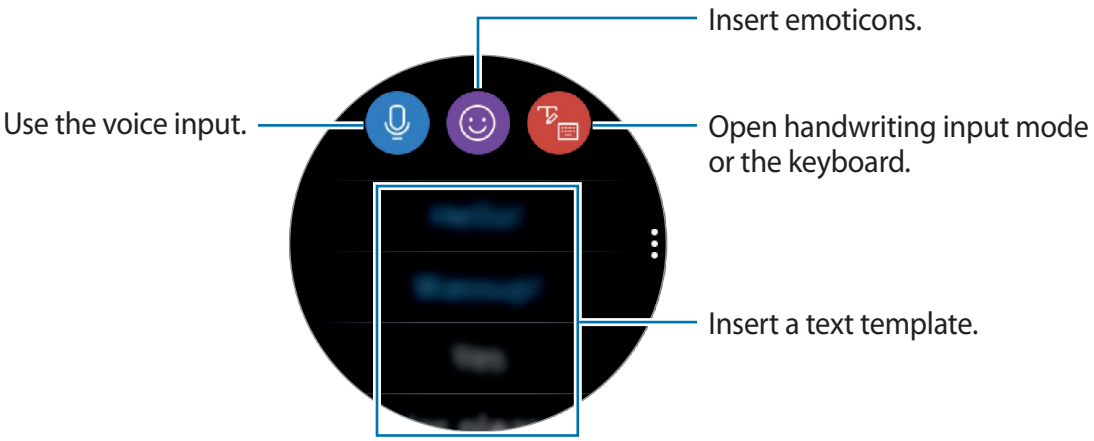
2 Tap **Manage notifications** and tap the switch next to apps to receive notifications from them on your Galaxy Watch.

Entering text

Introduction

A text input screen will appear when you are able to enter text.

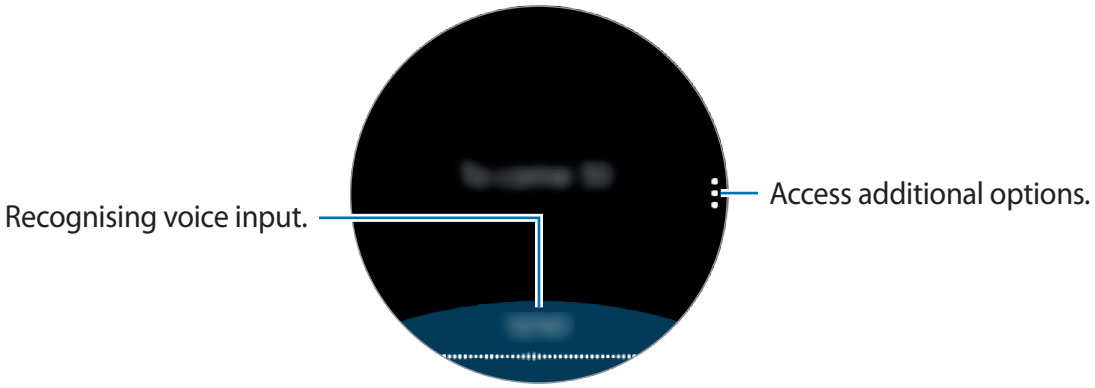
- The screen layout may be different depending on the app you launch.
- When the Galaxy Watch is connected to a mobile device via Bluetooth, the language settings applied on the mobile device are applied to the Galaxy Watch.



Using the voice input

Tap and speak to enter your message.

To change the language recognised, tap → **Input languages**.



- This feature is not supported in some languages.
- **Tips for better voice recognition**
  - Speak clearly.
  - Speak in quiet places.
  - Do not use offensive or slang words.
  - Avoid speaking in dialectal accents.

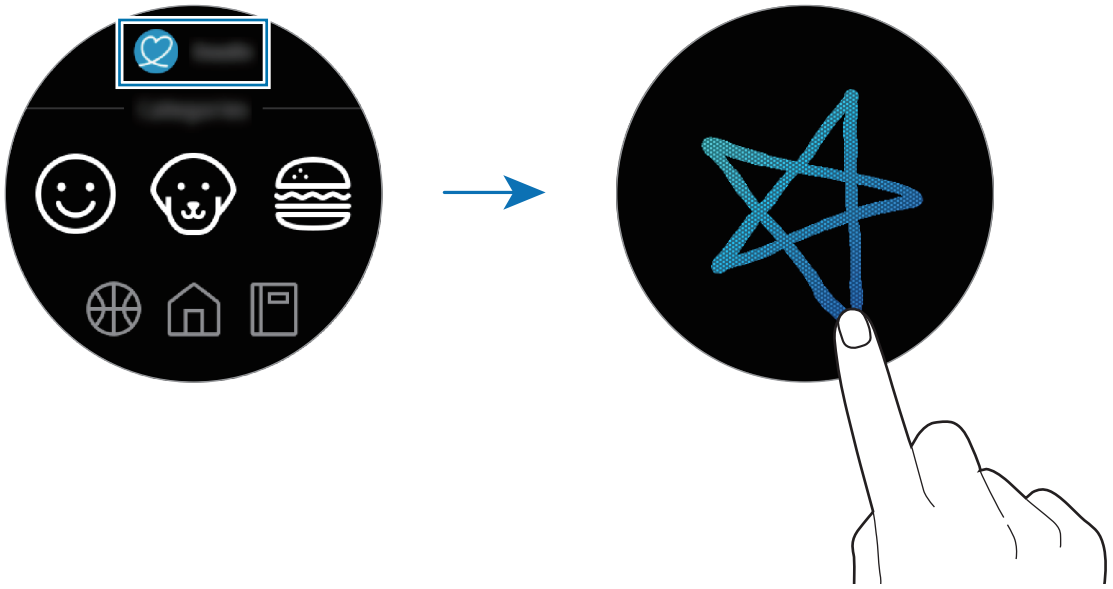
  The Galaxy Watch may not recognise your spoken message depending on your surroundings or how you speak.

Using emoticons

Tap and select the category. The emoticon list of the selected category will appear.

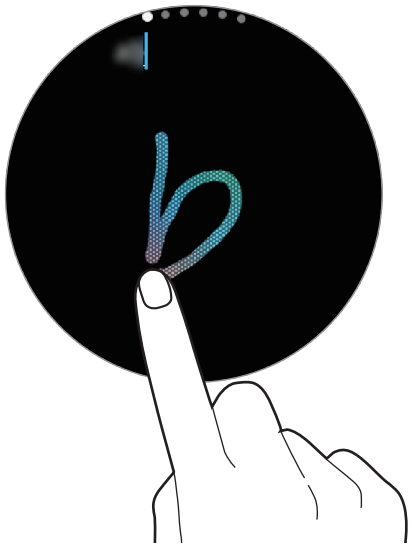
To draw a picture, tap **Doodle** at the top of the screen, and draw your message.

Rotate the bezel anticlockwise to delete the input stroke by stroke. To recover a stroke, rotate the bezel clockwise.



Using handwriting input mode or the keyboard

Tap and open handwriting mode and write on the screen.



This feature may not be available depending on the region.

Changing the input mode

Rotate the bezel to change the input mode on the text input screen. You can switch between handwriting mode, character mode, number mode, punctuation mode, emoticon mode, and voice input mode.

Changing the input language

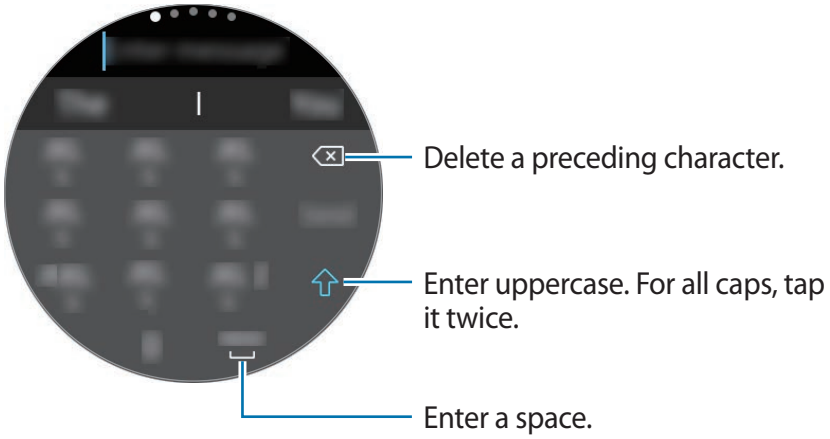
Drag the space key to the left or right while tapping and holding it to change the input language.

To add more languages, switch to number mode, punctuation mode, or emoticon mode. Then, tap → **Select input languages** and select a language to add. You can use up to two languages.

Using the keyboard

Rotate the bezel to enter text using the keyboard.

- Text entry is not supported in some languages. To enter text, you must change the input language to one of the supported languages.
- The keyboard layout may differ depending on the region.



Apps and features

Messages

View messages and reply to using the Galaxy Watch.

Viewing messages

You may incur additional charges for receiving messages while you are roaming.

1 Tap (**Messages**) on the Apps screen.

Or, swipe to the right on the Watch screen or rotate the bezel anticlockwise when you receive a new message notification.

2 Scroll through the message list, and then select a contact to view your conversations.

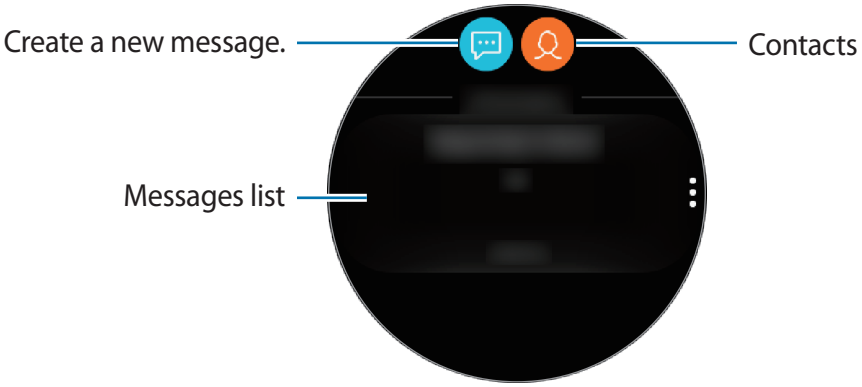
To view a message on your mobile device, tap ⋮, rotate the bezel and tap **Show on phone**.

To reply a message, select an input mode and enter your message.

Sending messages

You may incur additional charges for sending messages while you are roaming.

1 Tap (**Messages**) on the Apps screen.



2 Tap .

Or, you can choose a message recipient by tapping on the contacts list.

3 Add a recipient and tap **NEXT**.

4 Enter text using one of available methods and tap **SEND** or **Send**.

When you select a text template or an emoticon, the message will automatically be sent to the recipients.

When you enter text by voice, you can select between text and audio for the message format. If the message format selection screen does not appear, open the Apps screen, tap (**Settings**) → **Apps** → **Messages** and tap the **Send as audio** switch to activate it.

Phone

Introduction

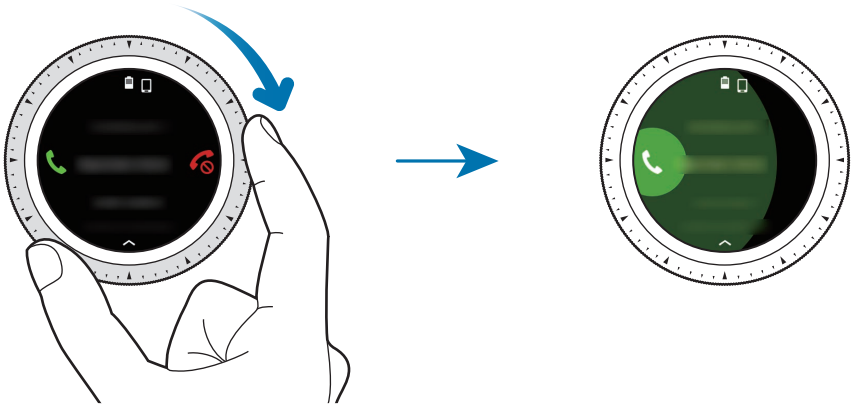
On your Galaxy Watch, make or receive calls. You can have phone conversations via the internal microphone, speaker, or connected Bluetooth headset.

You can make calls without being connected to a mobile device on the mobile network model.

Receiving calls

Answering a call

When a call comes in, rotate the bezel clockwise. Alternatively, drag outside the large circle.



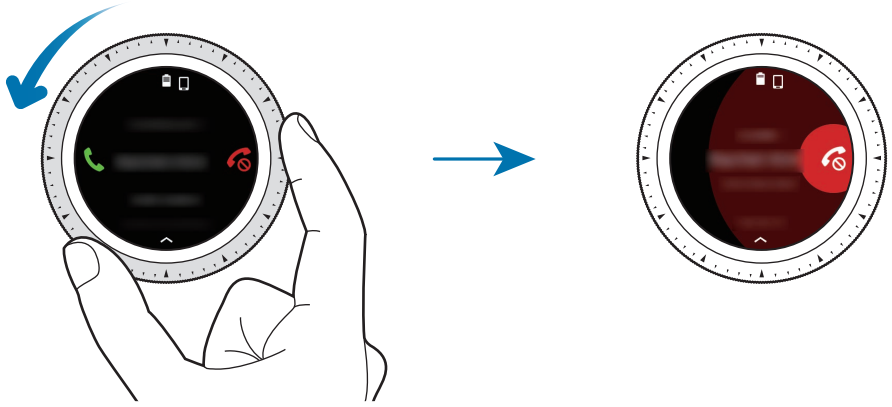
You can have phone conversations via the internal microphone, speaker, or a connected Bluetooth headset.

If you subscribe a call waiting, you can receive calls while you are on the phone. When you answer the second call, you can place the current call on hold or end it. Mobile network models can receive calls from both the phone number of the Galaxy Watch and a connected mobile device. However, when receiving a second call on a number different from the one you are using, you cannot place that call on hold while answering the second call. The call will simply end.

Rejecting a call

Reject an incoming call and send a rejection message to the caller.

When a call comes in, rotate the bezel anticlockwise. Alternatively, drag outside the large circle.



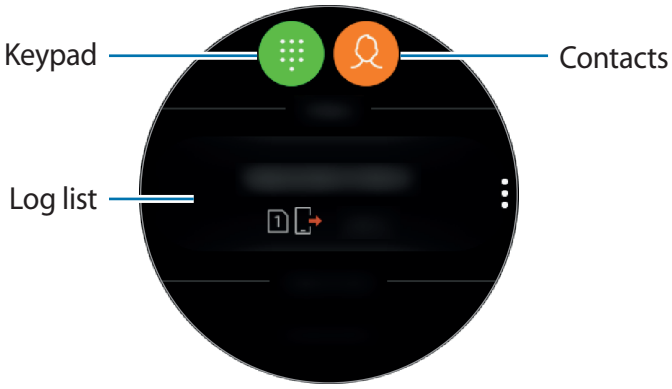
To send a message when rejecting an incoming call, swipe upwards from the bottom edge of the screen.

Missed calls

If a call is missed, a notification appears on the screen. On the Watch screen, swipe the screen to the right or rotate the bezel anticlockwise to view missed call notifications. Alternatively, tap (**Phone**) on the Apps screen to view missed calls.

Making calls

Tap (**Phone**) on the Apps screen.



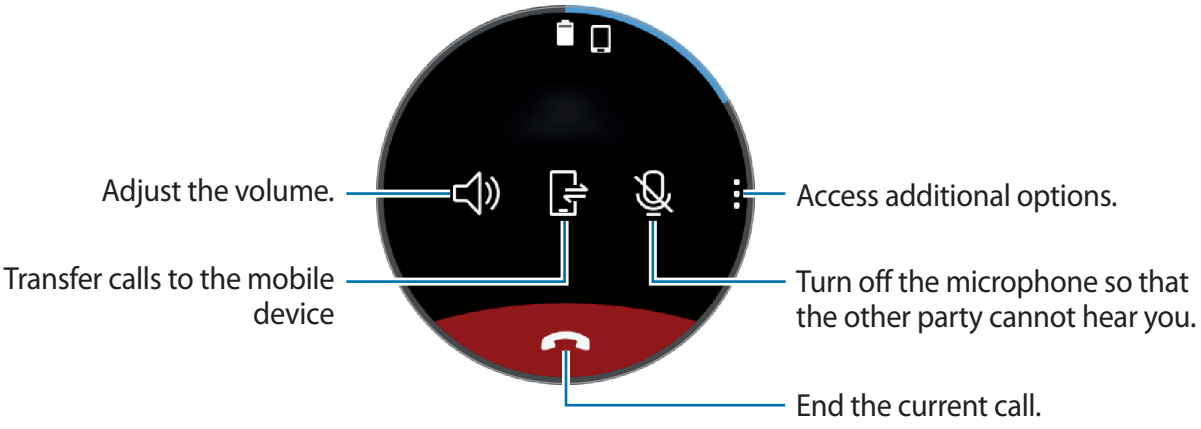
Use one of the followings methods:

- Tap , enter a number using the keypad, and then tap .
- Tap , search or select a contact, and then tap .
- Scroll through the log list, select a log entry, and then tap .

Options during calls

Using the call screen

The following actions are available:


Adjust the volume.
Transfer calls to the mobile device
Access additional options.
Turn off the microphone so that the other party cannot hear you.
End the current call.

Switching to a Bluetooth headset

Switch the Galaxy Watch to a Bluetooth headset to continue the call on a Bluetooth headset.

When a Bluetooth headset is connected to the Galaxy Watch, tap on the call screen to make a phone call with the Bluetooth headset.

If a Bluetooth headset is not connected to the Galaxy Watch, on the Apps screen, tap (**Settings**) → **Connections** → **Bluetooth** → **BT headset**. When the available Bluetooth headsets list appears, select a Bluetooth headset you want to use.

This feature is available when you use the mobile network model without connecting to a mobile device.

Opening the keypad

Tap → **Keypad**.

Contacts

View your mobile device's contacts list after connecting your Galaxy Watch to your mobile device. You can make a call or send a message to a contact.

Tap (**Contacts**) on the Apps screen.

The favourites list contacts on the mobile device will display on the top of the contacts list.

Use one of the following search methods:

- Tap and enter the search criteria on the top of the contacts list.
- Scroll through the contacts list.
- Rotate the bezel. When you rotate the bezel quickly, the list scrolls by the alphabet of the first letter.

Once a contact is selected, take one of the following actions:

- : Make a voice call.
- : Compose a message.

Adding contacts

1 Tap (**Contacts**) on the Apps screen.

2 Tap on the top of the contacts list and enter the contact information.

3 Tap **SAVE**.

Selecting the frequently used contacts on the widget

After adding the **Contacts** widget, add the frequently used contacts to contact them easily via a text message or phone call. Tap **Add contacts**, select contact and then tap **DONE**. For more information about adding widgets, refer to Adding widgets.

Up to four contacts can be added on the widget.

Adding medical information to my profile

Add medical information to my profile for the rescuer to quickly see it in an emergency situation.

On your mobile device, launch **Contacts**, select your profile and enter your medical information. To view your medical information on your Galaxy Watch, on the Apps screen tap (**Contacts**) → your profile and swipe upwards from the bottom edge of the screen.

In an emergency situation, press and hold the Galaxy Watch's Home key (Power key) and tap **Emergency medical info**.

You may not use this feature depending on the mobile device that you connect to the Galaxy Watch.

Samsung Pay

Register frequently used cards to Samsung Pay, a mobile payment service, to make payments quickly and securely. Samsung Pay supports near field communication (NFC) to allow payment through standard credit card readers.

You can view more information, such as cards that support this feature at www.samsung.com/samsungpay.

- This app's availability and supported features may vary depending on the region or service provider.
- The procedures for the initial setup and card registration may vary depending on the region or service provider.

Making payments

1 On your mobile device, launch **Galaxy Wearable**.

2 Tap **OPEN SAMSUNG PAY** and follow the on-screen instruction to complete your card registration.

3 To make a payment on your Galaxy Watch, press and hold the Back key.

4 Scroll through the cards list, select a card and tap **PAY**.

5 Place your Galaxy Watch close to the card reader.

When the card reader recognises the card information, the payment will be processed.

- Payments may not be processed depending on your network connection.
- The verification method for payments may vary depending on the card readers.

Samsung Health

Introduction

Samsung Health records and manages your 24-hour activity and sleep pattern to cultivate a healthy habit. When connecting your Galaxy Watch to your mobile devices, you can save and manage the health-related data and also receive the useful information about your health every day.

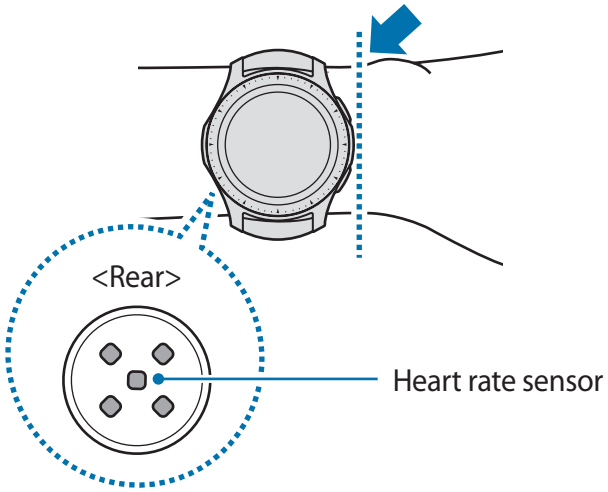
When you exercise for more than 10 minutes while wearing the Galaxy Watch, it will display an encouraging message. When the Galaxy Watch recognises inactivity for more than one hour, it will notify you and show you some stretching motions to follow. When your Galaxy Watch recognises you are driving, it may not display an encouraging message or stretches.

Tap (**Samsung Health**) on the Apps screen.

- Samsung Health features are intended only for leisure, well-being, and fitness purposes. They are not intended for medical use. Before using these features, read the instructions carefully.
- Any information that is obtained from use of the Galaxy Watch or the Fit Software or any application preloaded within may not be suitable, accurate, complete or reliable.

Wearing the Galaxy Watch correctly

- When you activate the auto heart rate tracking feature, or when the Galaxy Watch recognises your exercise, the Galaxy Watch will automatically track your heart rate. When measuring your heart rate, wear the Galaxy Watch snugly on your arm above your wrist as shown in the figure below.
- If you fasten the Galaxy Watch too tightly, the skin irritation may occur and if you fasten it too loosely, friction may occur.



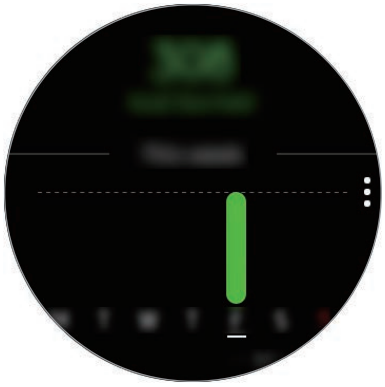
- The accuracy of the heart rate sensor may be diminished depending on measurement conditions and surroundings.
- Use the HR feature only for measuring your heart rate.
- Do not look directly at the heart rate sensor's lights. Doing so may impair your vision. Make sure children do not look directly at the lights.
- Cold ambient temperatures may affect your measurement; during winter or cold weather, keep yourself warm when checking your heart rate.
- Take heart rate measurements when you are seated and relaxed. Do not move your body while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- If you receive a reading that is very different from your expected heart rate, rest for 30 minutes and then measure again.

- Smoking or consuming alcohol before taking measurements may cause your heart rate to be different from your normal heart rate.
- Do not talk, yawn, or breathe deeply while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- Because the heart rate sensor uses light to approximate heart rate, its accuracy may vary due to physical factors that affect light absorption and reflection, such as blood circulation/blood pressure, skin condition and location and concentration of blood vessels. In addition, if your heart rate is extremely high or low, measurements may be inaccurate.
- Users with thin wrists may receive inaccurate heart rate measurements when the device is loose, causing the light to be reflected unevenly. If heart rate measurement is not working properly, adjust the position of the device's heart rate sensor to the right, left, up, or down on your wrist, or turn the device so the heart rate sensor sits firmly against the inside of your wrist.
- If the heart rate sensor is dirty, wipe the sensor and try again. Obstructions between the device's band and your wrist, such as body hair, dirt, or other objects may prevent the light from reflecting evenly. Please make sure you remove such obstructions before use.
- If your device becomes hot to the touch, please remove it until it cools. Exposing skin to a hot surface of the device for a long time may cause skin burn.

Calories

You can check your calories burned by day or week.

Tap (**Samsung Health**) on the Apps screen and open the calories screen. Alternatively, rotate the bezel clockwise on the Watch screen, select the **Health summary** widget, and then tap the calories menu.



To view records by day, tap **View each date**.

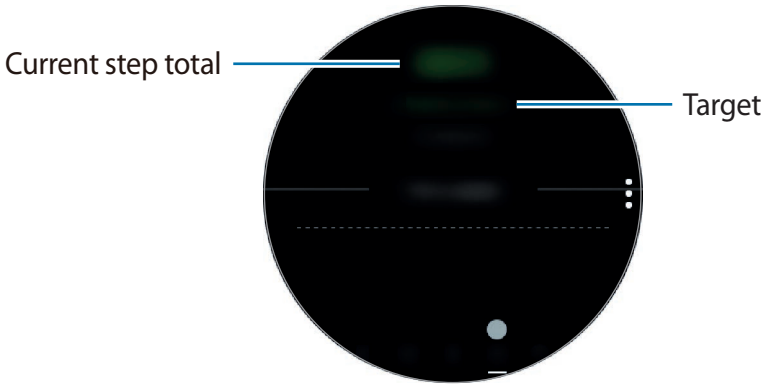
- The calories you burn includes your basal metabolism calculated based on the profile you registered. When you launch the **Samsung Health** app for the first time, the basal metabolism you expend until the time you launch the app will be displayed as the calories you burn.
- Activate the weight management feature in the Samsung Health app on your mobile device to check your weight on the calorie balance screen. You can manage your daily and weekly calories burned and calorie intake based on the target weight you set.

Steps

The Galaxy Watch counts the number of steps you have taken and measures the distance travelled.

Measuring your step count and distance you walk

Tap (**Samsung Health**) on the Apps screen and rotate the bezel clockwise to open the steps tracker screen. Alternatively, rotate the bezel clockwise on the Watch screen, select the **Health summary** widget, and then tap the steps tracker menu.



To view weekly records with a graph, swipe upwards or downwards on the screen. To view records by day, tap **View each date**.

- When you start to measure your step, the step tracker monitors your steps and displays your step account after a brief delay because your Galaxy Watch accurately recognises your movement after you walk for a while. Also, for an accurate step count, you may experience a brief delay before the pop-up window indicates that a certain goal has been reached.
- If you use the steps tracker while travelling by car or train, vibration may affect your step count.

Setting the step target

1 Tap ⋮ → **Settings**.

2 Tap **Step target**.

3 Rotate the bezel to set the target and tap **DONE**.

Setting the alarm

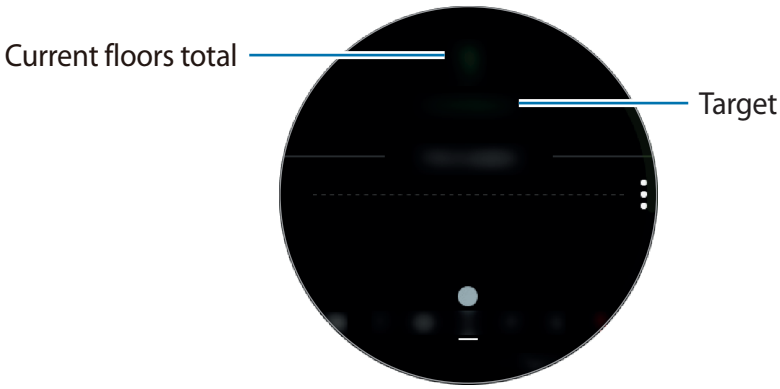
To receive an alarm for reaching a target, tap ⋮ → **Settings** and tap the **Notifications** switch to activate it.

Floors

Record and track how many floors you climb.

Measuring the floors you climb

Tap (**Samsung Health**) on the Apps screen and rotate the bezel clockwise to open the floors tracker screen. Alternatively, rotate the bezel clockwise on the Watch screen, select the **Health summary** widget, and then tap the floors tracker menu.



To view weekly records with a graph, swipe upwards or downwards on the screen. To view records by day, tap **View each date**.

- One floor is calculated as approximately 3 metres. The floors measured may not match the actual floors you climb.
- The floors measured may not be accurate depending on the environment, the user's movements, and the conditions of buildings.
- The floors measured may not be accurate if water (shower and water activity) or foreign materials enter the atmospheric pressure sensor. If there is any detergent, sweat, or raindrops on the Galaxy Watch, rinse it with clean water and dry the atmospheric pressure sensor thoroughly before use.

Setting the target for climbing floors

1 Tap ⋮ → **Settings**.

2 Tap **Floor target**.

3 Rotate the bezel to set the target and tap **DONE**.

Setting the alarm

To receive an alarm for reaching a target, tap ⋮ → **Settings** and tap the **Notifications** switch to activate it.

Exercise

Record your exercise information and calories burned using Samsung Health's exercise feature.

- Before using this feature, pregnant women, the elderly, and young children, users suffering from conditions, such as chronic heart disease or high blood pressure, are recommended to seek the advice of a licensed medical professional.
- If you feel dizzy, experience pain, or have difficulty breathing during exercise, stop using this feature and seek the advice of a licensed medical professional.
- If you have just purchased or have reset the Galaxy Watch, create your profile.

Be aware of following conditions before exercising in cold weather conditions:

- Avoid using the device in cold weather. If possible, use the device indoors.
- If you use the device outside in cold weather, cover the Galaxy Watch with your sleeves before using it.

Starting the exercises

1 Tap (**Samsung Health**) on the Apps screen.

2 Rotate the bezel clockwise to open the exercise tracker screen.

3 Tap **WORK OUT** and select the type of exercise. To add another exercise type, tap ⊕.

Rotate the bezel clockwise on the Watch screen and you can start to work out directly on the **Multi-workouts** widget. Tap **Add workout shortcuts** to add up to 4 different exercise types.

4 Tap **Target** to select a target type and set a target.

If you select **Basic workout** as the target, you can work out as much as you want without a limit on time or distance.

5 Tap **Workout screen** to customise the exercise information screen.

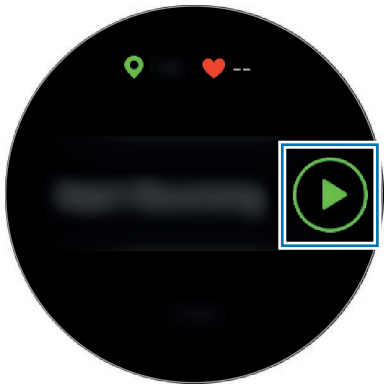
- For more information, refer to Customising the exercise information screen.
- The exercise information screen cannot be changed during work-out.

6 Set the various options for each exercise type.

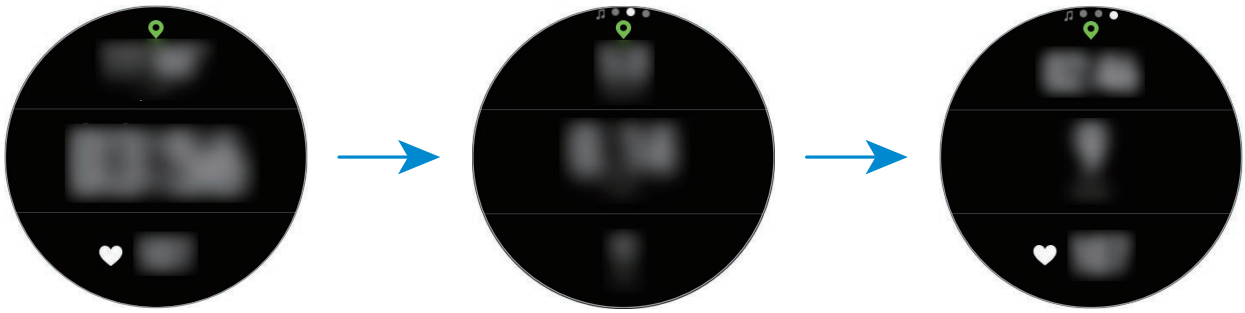
- **Location**: Set the Galaxy Watch's GPS antenna to track your current location when you work out outside.
- **Auto pause**: Set the Galaxy Watch's exercise feature to pause automatically when you stop working out.
- **Guide frequency**: Set to receive the guide whenever you reach the distance or time you set.
- **Pool length**: Set the pool length.

7 Tap ▶ to start exercising.

- Set whether to use your location information when you use your Galaxy Watch for the first time after purchasing or resetting it. Enabling the location information is set as the default.
- Your heart rate is measured in seconds when you start exercising. To measure your heart rate more accurately with the Galaxy Watch, wear the Galaxy Watch firmly around your lower arm just above your wrist.
- Do not move until your heart rate displays on the screen so it can be measured more accurately.
- Your heart rate may not be visible temporarily due to various conditions such as the environment, your physical state, or how the Galaxy Watch is worn.
- When you select **Swimming**, water lock mode will be activated automatically.



8 View exercise information, such as your heart rate, distance, or time, on the exercise information screen when you rotate the bezel or swipe left or right on the screen.



When you are swimming, you can check additional exercise information, such as your previous stroke and pace.

To listen to music, rotate the bezel anticlockwise.

- When you select **Swimming**, water lock mode will be automatically activated and the touchscreen will be disabled. The screen will change automatically and you can check your exercise information.
- When you select **Swimming**, the recorded value may not be accurate in following cases:
  - If you stop swimming before reaching the end of the lane
  - If you change your swimming stroke midstream
  - If you stop moving your arms before reaching the end of the lane
  - If you kick with your legs on a kickboard or swim without moving your arms
  - If you do not pause or restart the exercise by pressing the Back key, but finish the exercise by pressing the Back key and tapping **FINISH**

9 To pause or restart the exercise, press the Back key.

To finish exercising, tap **FINISH** → ✓ after pausing the exercise.

To finish swimming, tap and hold the Power key to deactivate water lock mode first and tap **FINISH** → ✓.

10 To view your exercise information, swipe upwards or downwards on the screen after finishing the exercise.

- Music will continue to play even if you finish exercising. To stop playing music, stop music before finishing exercising or launch (**Music**) to stop playing music.
- If your Galaxy Watch does not emit sound well, you can remove the water inside of the speaker with a loud sound. On the Apps screen, tap (**Settings**) → **Advanced** → **Water lock mode** → **Eject water** → **Play sound**.

Doing multiple exercises

You can log various exercises and go straight through an entire routine by starting another exercise right after finishing the current exercise.

1 Press the Back key to pause the current exercise.

2 Tap **FINISH** → **NEXT WORKOUT**.

3 Select the exercise and start the next exercise.

Starting repetitive exercises

You can perform repetitive exercises such as the squat or dead lift. Your Galaxy Watch will count how many times you repeat the motion with beeps.

1 Tap (**Samsung Health**) on the Apps screen.

2 Rotate the bezel clockwise to open the exercise tracker screen.

3 Tap **WORK OUT** and select the type of repetitive exercise.

4 Tap **OK** when the guide for the selected exercise appears.

Some exercises may not have guides.

5 Tap **Target** to select a target type and set a target.

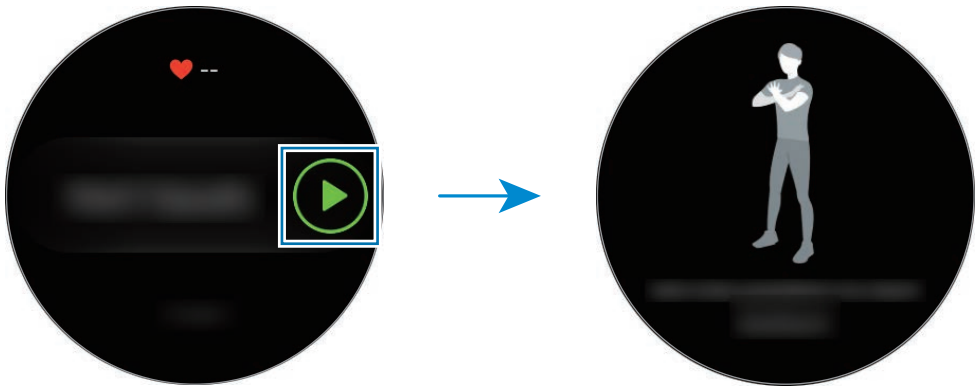
- If you select **Basic workout** as the target, you can work out as much as you want without a limit on time or repetitions.
- The number of repetition should be set at least five to count for some exercise.

6 Set the various options for each exercise type.

- **Rep counter**: Count the number of repetitions with beeps.
- **Wrist worn on**: Select the wrist that you wear your Galaxy Watch to improve the counting accuracy.

7 Tap ▶ to start exercising.

The exercise will begin after you get into the proper position to start it by following the pose on the screen.



8 Counting will begin with the beep.

Take a rest after completing a set. Or, tap **SKIP** if you want to skip to the next set. The exercise will begin after you get into the proper position to start it by following the pose on the screen.

9 To pause or restart the exercise, press the Back key.

To finish exercising, tap **FINISH** → ✓ after pausing the exercise.

10 To view your exercise information, swipe upwards or downwards on the screen after finishing the exercise.

Customising the exercise information screen

Customise the exercise information screen that appears while exercising with the information that you want to preview.

The exercise information screen cannot be changed during work-out.

1 Tap (**Samsung Health**) on the Apps screen.

2 Rotate the bezel clockwise to open the exercise tracker screen.

3 Tap **WORK OUT** and select the type of exercise.

4 Tap **Workout screen**, select the type of the exercise information screen, set whether to use it, and then select the information to display on the screen.

Automatic exercise recognition

Once you have engaged in an activity for more than ten minutes while wearing the Galaxy Watch, it automatically recognises that you are exercising and records exercise information such as the exercise type, duration and calories burned.

When you stop exercising for more than one minute, the Galaxy Watch automatically recognises that you have stopped exercising and this feature is deactivated.

- You can check the list of exercises which are supported by the automatic exercise recognition feature by tapping **Settings** → **Workout detection** → **Activities to detect**.
- The automatic exercise recognition feature measures the distance travelled and calories burnt using the acceleration sensor. The measurements may not be accurate depending on your manner of walking, exercise routines, and lifestyle.

Sleep

Analyse your sleep pattern and record it by measuring your heart rate while you are sleeping.

- The sleep pattern will have its four states (Awake, REM, Light, Deep) analysed by using your movement and changes in your heart rate while sleeping. However, **Auto HR settings** should be set to **Always** to measure your heart rate continuously while sleeping. For more information, refer to Tracking your heart rate.
- If your heart rate is irregular, your Galaxy Watch cannot recognise your heart rate properly, or you do not set **Auto HR settings** to **Always**, the sleep pattern will be analysed into three states (Restless, Light, Motionless).
- To measure your heart rate more accurately with the Galaxy Watch, wear the Galaxy Watch firmly around your lower arm just above the wrist. Refer to Wearing the Galaxy Watch correctly for details.

Measuring your sleep pattern

1 Sleep while wearing the Galaxy Watch.

The Galaxy Watch will start to measure your sleep pattern.

2 Tap (**Samsung Health**) on the Apps screen after you wake up.

3 Rotate the bezel clockwise to open the sleep tracker screen.

4 View your sleep pattern and information.

Setting the sleep report notification

1 Tap ⋮ → **Notifications**.

2 Tap the **Sleep report notifications** switch to activate it.

The notification will appear after your sleep pattern has been analysed.

Heart rate

Measure and record your heart rate.

- The Galaxy Watch's heart rate tracker is intended for fitness and informational purposes only and is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.
- To measure your heart rate more accurately with the Galaxy Watch, wear the Galaxy Watch firmly around your lower arm just above the wrist. Refer to Wearing the Galaxy Watch correctly for details.
- If you have just purchased or have reset the Galaxy Watch, read the on-screen information about the app and create your profile.

Be aware of following conditions before measuring your heart rate:

- Rest for 5 minutes before taking measurements.
- If the measurement is very different from the expected heart rate, rest for 30 minutes and then measure it again.
- During winter or in cold weather, keep yourself warm when measuring your heart rate.
- Smoking or consuming alcohol before taking measurements may cause your heart rate to be different from your normal heart rate.
- Do not talk, yawn, or breathe deeply while taking heart rate measurements. Doing so may cause your heart rate to be recorded inaccurately.
- Heart rate measurements may vary depending on the measurement method and the environment they are taken in.
- If the heart rate sensor is not working, check the Galaxy Watch's position on your wrist and make sure nothing is obstructing the sensor. If the heart rate sensor continues to have the same problem, visit a Samsung Service Centre.

Measuring your heart rate

1 Tap (**Samsung Health**) on the Apps screen.

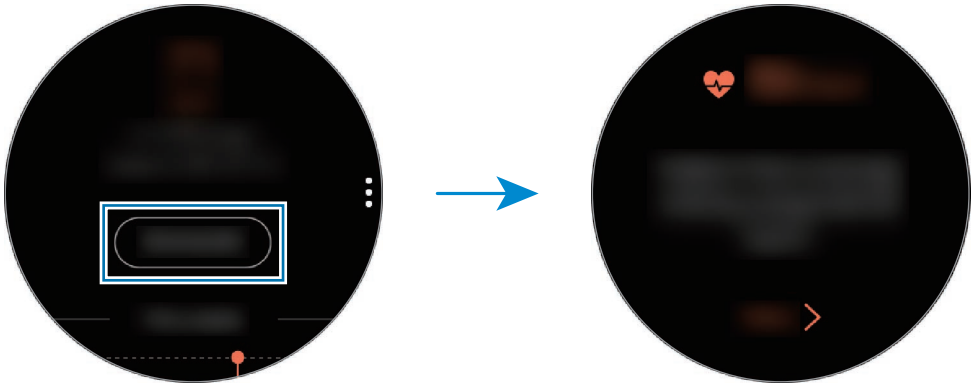
2 Rotate the bezel clockwise to open the heart rate tracker screen.

3 Tap **MEASURE** to begin measuring your heart rate.

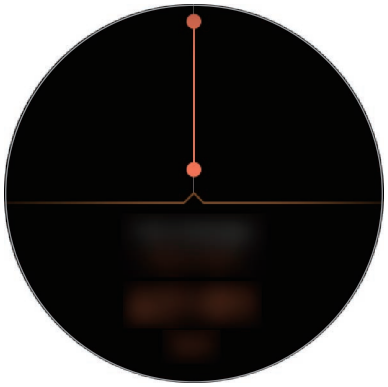
After a moment, your current heart rate will be displayed on the screen.

The Galaxy Watch displays information about your heart rate. The heart rate is measured based on your age and gender you entered in your profile and show whether your heart rate is within or out of the average heart rate.

You can measure your heart rate directly. Rotate the bezel on the Watch screen, select the **Health summary** widget, and then tap the heart rate tracker menu.



To view weekly records with a graph, swipe upwards or downwards on the screen. To view records by day, tap **View each date**.



Tracking your heart rate

The Galaxy Watch can automatically measure and record your heart rate at regular intervals in your daily life when you are not using exercise trackers.

Tap ⋮ on the heart rate tracker screen, rotate the bezel to select **Auto HR settings**, and then select the option you want.

- **Always**: Your heart rate will be automatically measured continuously, regardless of your movement.
- **Frequent**: The Galaxy Watch will attempt to measure your heart rate at an interval of 10 minutes when you do not move.
- **Never**: Your heart rate will not be measured automatically.

Your heart rate will be measured regardless of the Auto HR settings while working out.

Stress

Calculate and record your stress level by using changes in your heart rate and reduce your stress by following the breathing instructions that Galaxy Watch provides.

- Repeated measurement will bring the more accurate result.
- Your personal emotions are not calculated when measuring your stress level.
- To measure your heart rate more accurately with the Galaxy Watch, wear the Galaxy Watch firmly around your lower arm just above the wrist. Refer to Wearing the Galaxy Watch correctly for details.

Measuring your stress level

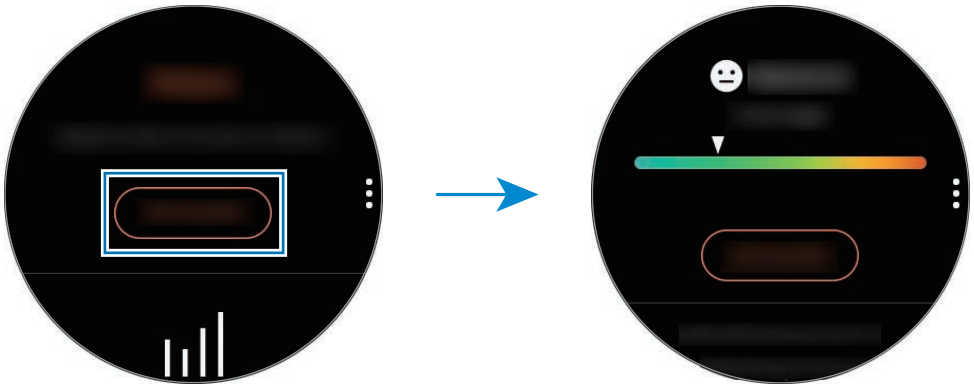
1 Tap (**Samsung Health**) on the Apps screen.

2 Rotate the bezel clockwise to open the stress tracker screen.

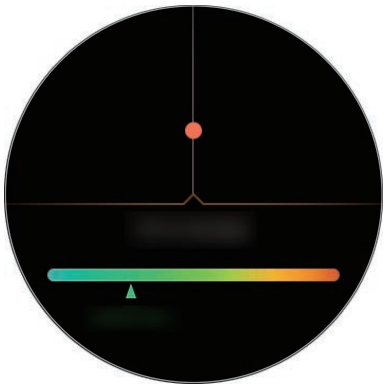
3 Tap **MEASURE** to begin measuring your stress level.

After a moment, your current stress level will be displayed on the screen.

Rotate the bezel clockwise on the Watch screen and you can measure your stress level directly on the **Stress** widget.



To view weekly records with a graph, swipe upwards or downwards on the screen. To view records by day, tap **View each date**.



Alleviating the stress

You can reduce stress with a deep and slow breathing by following the Galaxy Watch.

1 Tap **BREATHE** > after measuring the stress.

2 Tap **Target**, rotate bezel to set the target, and then tap **SET**.

3 Tap **Inhale/Exhale** to set how long will you inhale and exhale.

4 Tap ▶ and start to breathe following the sound.

5 Tap ■ to stop.

Tracking your stress level

The Galaxy Watch can automatically measure and record your stress level at regular intervals in your daily life.

Tap ⋮ on the stress tracker screen, rotate the bezel to select **Auto stress settings**, and then select the **Always** switch to activate it.

The stress level is not measured automatically while you are sleeping or moving a lot.

Food

Record the calories you eat in a day and compare with your target or the daily recommended calories to get help to manage your weight.

If you have just purchased or have reset the Galaxy Watch, create your profile. The Galaxy Watch will let you know your daily recommended calories based on the age, gender, and the physical conditions you entered in your profile.

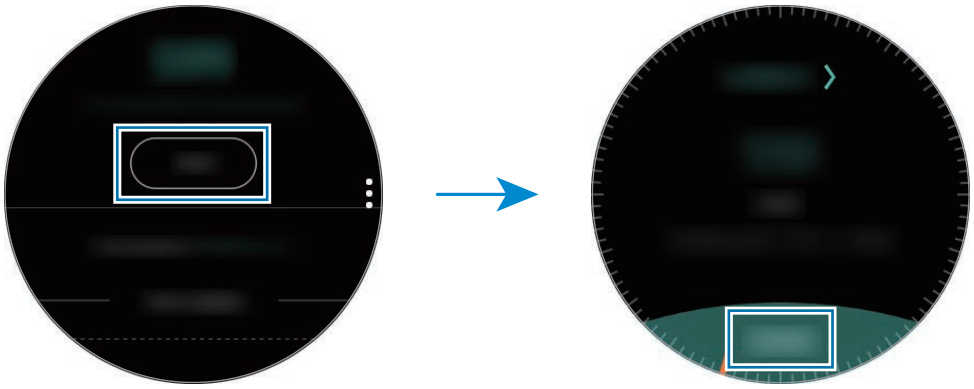
Recording the calories

1 Tap (**Samsung Health**) on the Apps screen.

2 Rotate the bezel clockwise to open the food screen.

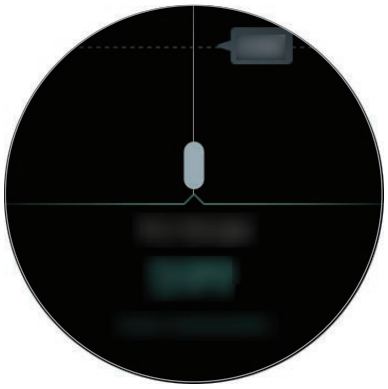
3 Tap **ADD**, rotate the bezel to enter the calories, and then tap **DONE**.

To change the meal type, tap the meal type on the top of the screen and select an option.



To remove the record, tap ⋮ on the food screen, rotate the bezel to select **Delete today's log**, select the data, and then tap **DELETE**.

To view weekly records with a graph, swipe upwards or downwards on the screen. To view records by day, tap **View each date**.



Setting your target calories

1 Tap ⋮ on the food screen and rotate the bezel to select **Set target**.

2 Set the daily target calories and tap **DONE**.

You can change the daily target calories from the Samsung Health app on the connected mobile device.

Water

Record and track how many glasses of water you drink.

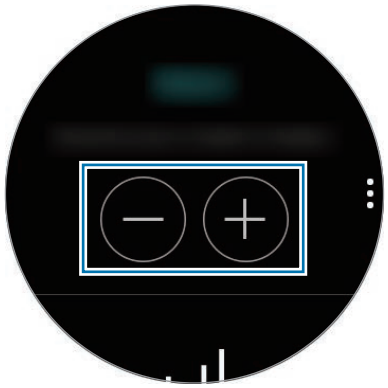
Recording water consumption

1 Tap (**Samsung Health**) on the Apps screen.

2 Rotate the bezel clockwise to open the water tracker screen.

3 Tap when you drink a glass of water.

If you accidentally added an incorrect value, you can fix it by tapping .



To view weekly records with a graph, swipe upwards or downwards on the screen. To view records by day, tap **View each date**.

Setting your target consumption

1 Tap and rotate the bezel to select **Set target**.

2 Tap the **Set target** switch to activate the feature.

3 Tap **Daily target**.

4 Rotate the bezel to set the target and tap **DONE**.

Caffeine

Record and track how many cups of coffee you drink.

Recording your coffee consumption

1 Tap (**Samsung Health**) on the Apps screen.

2 Rotate the bezel clockwise to open the caffeine tracker screen.

3 Tap when you drink a cup of coffee.

If you accidentally added an incorrect value, you can fix it by tapping .

To view weekly records with a graph, swipe upwards or downwards on the screen. To view records by day, tap **View each date**.

Setting your caffeine consumption limit

1 Tap and rotate the bezel to select **Set target**.

2 Tap the **Set target** switch to activate the feature.

3 Tap **Daily target**.

4 Rotate the bezel to set the target and tap **DONE**.

Together

Compare your weekly step count records with other Samsung Health users. You can set a goal, compete with your friends, and view the challenge status.

- Activate the together feature in the Samsung Health app on your mobile device to check information on your Galaxy Watch.
- This feature is not available when you use the Galaxy Watch without connecting to a mobile device.

1 Tap (**Samsung Health**) on the Apps screen.

2 Rotate the bezel clockwise to open the together screen.

Tap the screen to view detailed information such as your or your friends' challenges status or your or your friends' weekly step count ranking.

Settings

You can set the various setting options related to the exercise.

Tap (**Samsung Health**) and rotate the bezel clockwise and tap **Settings**.

- **Profile**: Enter your profile information, such as your gender, height, and weight.
- **Workout detection**: Set your Galaxy Watch to recognise your workout automatically.
- **Inactive time alerts**: Alerts you of your inactive time when you are not moving for a period of time while wearing your Galaxy Watch.
- **Help**: View information about the **Samsung Health** app.

Additional information

- The purpose for such data collection is limited to providing the service that you have requested, including providing additional information to enhance your wellness, back up/sync data, data analysis and statistics or to develop and provide better services. (But if you sign in to your Samsung account from Samsung Health, your data may be saved on the server for data backup purposes.) Personal information may be stored until the completion of such purposes. To delete any data you have shared with social networks or transferred to storage devices, you must delete them separately.
- You assume full responsibility for the inappropriate use of data shared on social networks or transmitted to others. Use caution when sharing your personal data with others.
- If the Galaxy Watch is connected to a mobile device, verify the communication protocol to confirm proper operation. If you use a wireless connection, such as Bluetooth, the Galaxy Watch may be affected by electronic interference from other devices. Avoid using the Galaxy Watch near other devices that transmit radio waves.
- The content used in the Samsung Health app may vary depending on the software version of the app. The services provided with the app are subject to change or the cancellation of support without prior notice.
- Available Samsung Health functions and services may vary depending on the local laws and regulations in your region.
- Some functions of Samsung Health may not be provided depending on your region.
- Samsung Health functions are intended for fitness and informational purposes only and is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease.

- Measured distance may differ from the actual distance due to uneven strides, walking in place, and pacing around.
- Only records from the past thirty days are saved. You can view previous data on the mobile device where the Samsung Health app is installed.

GPS

The Galaxy Watch has a GPS sensor so that you can check your real-time location information without connecting to a mobile device. When you are using your Galaxy Watch without connecting to a mobile device or using apps such as **Alti-Barometer**, the GPS sensor in your Galaxy Watch will be used. Also, you can allow others to track your location by sending an SOS message in an emergency.

On the Apps screen, tap (**Settings**) → **Connections** → **Location** and tap the **Location** switch to activate it.

To select a method to use for locating, scroll down the screen and select an option.

When your Galaxy Watch and mobile device are connected, this feature uses your mobile device's GPS. Activate the mobile device's location feature to use the GPS sensor.

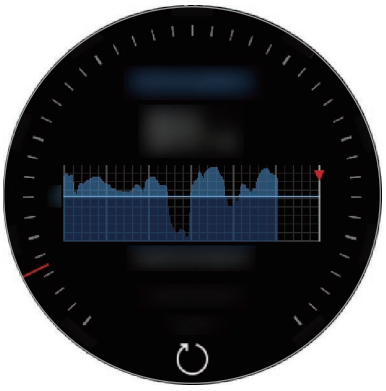
GPS signal strength may decrease in locations where the signal is obstructed, such as between buildings or in low-lying areas, or in poor weather conditions.

Alti-Barometer

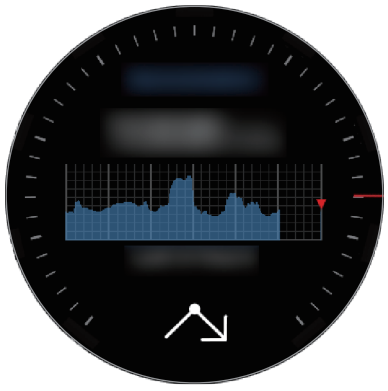
Measure the altitude and atmospheric pressure of your current location using the internal atmospheric pressure sensor.

Tap (**Alti-Barometer**) on the Apps screen. Alternatively, rotate the bezel clockwise on the Watch screen and select the **Alti-Barometer** widget to launch it.

To view the barometer, swipe to the left.



Altimeter



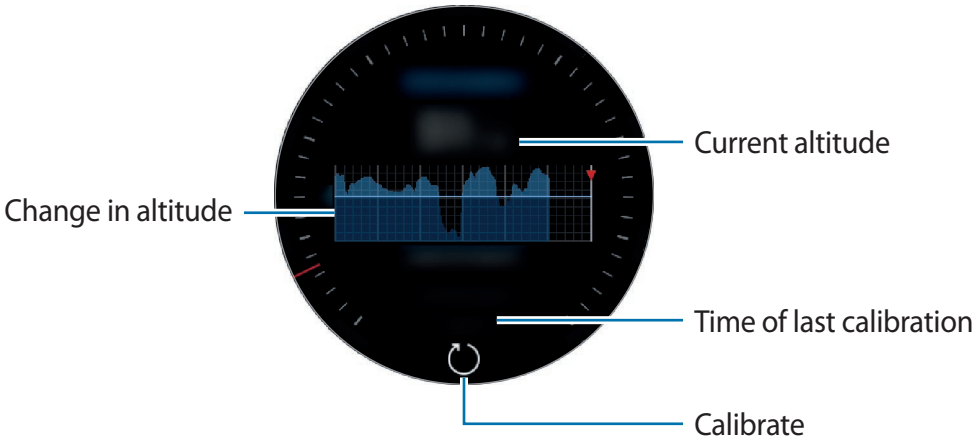
Barometer

Measuring your current altitude

Measure your current altitude and view a graph of changes over the last 6 hours.

Tap (**Alti-Barometer**) on the Apps screen. Alternatively, rotate the bezel clockwise on the Watch screen and select the **Alti-Barometer** widget to launch it.

- If you have recently purchased or reset the Galaxy Watch, tap **GO** to activate the Galaxy Watch's GPS feature.
- After you calibrate the altimeter, the value for altimeter will become inaccurate after a period of time. To measure the accurate altitude, tap frequently to calibrate the value for the altimeter.
- The altitude measured may not be accurate if water (shower and water activity) or foreign materials enter the atmospheric pressure sensor. If there is any detergent, sweat, or raindrops on the Galaxy Watch, rinse it with clean water and dry the atmospheric pressure sensor thoroughly before use.



Manually calibrating the altitude

You can manually calibrate the measured altitude.

1. Rotate the bezel clockwise or swipe to the left to open the settings screen.
2. Tap **CHANGE** >.
3. Tap **Manual calibration** and tap the **Manual calibration** switch to activate it.
4. Tap **Altitude** and enter the reference value.

   The altitude is calibrated based on the entered reference value.

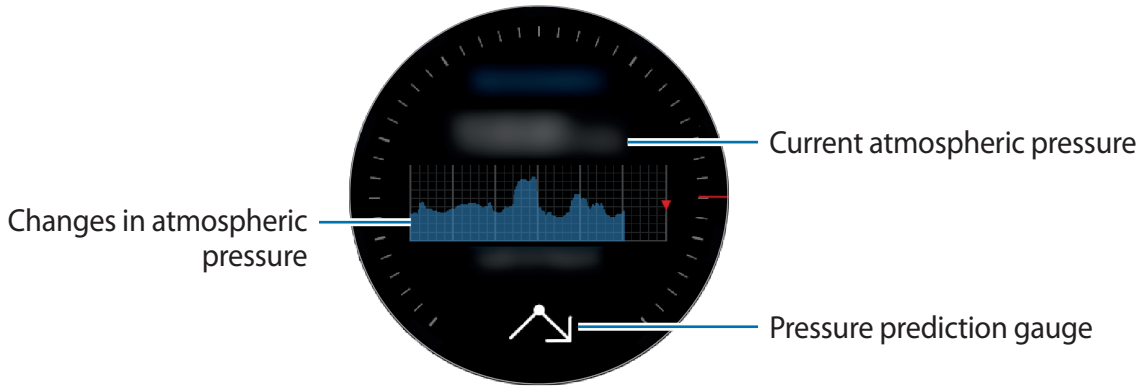
Measuring your current atmospheric pressure

Measure your current atmospheric pressure and view a graph of changes over the last 6 hours. You can anticipate any changes to the weather using the pressure prediction gauge.

1 Tap (**Alti-Barometer**) on the Apps screen. Alternatively, rotate the bezel clockwise on the Watch screen and select the **Alti-Barometer** widget to launch it.

2 Swipe to the left to open the barometer screen.

The atmospheric pressure measured may not be accurate if water (shower and water activity) or foreign materials enter the atmospheric pressure sensor. If there is any detergent, sweat, or raindrops on the Galaxy Watch, rinse it with clean water and dry the atmospheric pressure sensor thoroughly before use.



Configuring the alti-barometer

Scroll the screen to open the settings screen and tap **CHANGE** > to use the following options.

- **Auto refresh**: After adjusting the altimeter, it will automatically calibrate after a period of time.
- **Manual calibration**: Manually calibrate the altimeter or pressure based on the entered reference value for altimeter or sea level pressure.
- **Pressure alerts**: Set to notify you of rapid changes of atmospheric pressure.
- **Altitude unit**: Change the height unit.
- **Pressure unit**: Change the pressure unit.
- **Help**: View information about using the alti-barometer.

Music

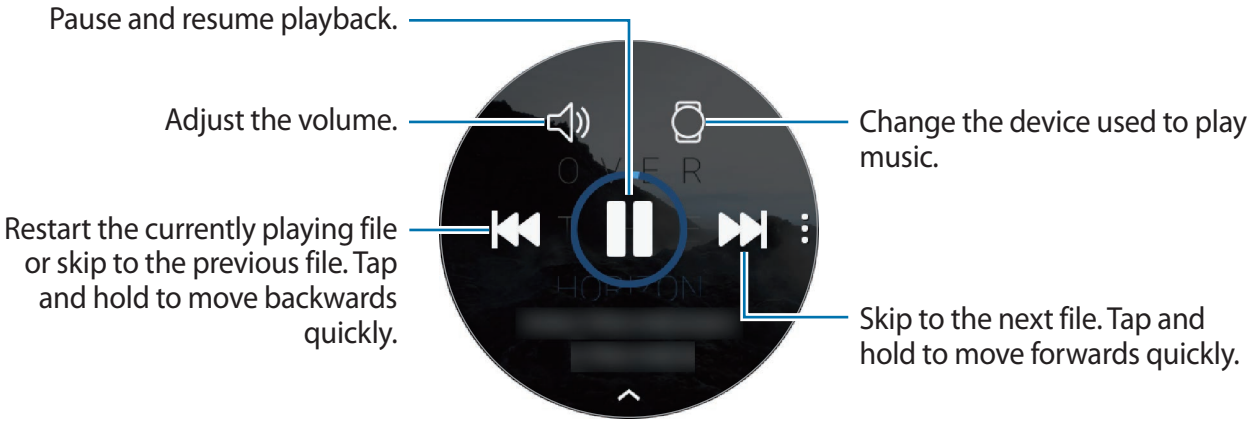
Introduction

Listen to music saved in the Galaxy Watch and in the mobile device.

Playing music

Tap (**Music**) on the Apps screen. Alternatively, rotate the bezel clockwise on the Watch screen and select the **Music** widget to launch it.

When listening to music saved in the Galaxy Watch, swipe upwards from the bottom edge of the screen to open the library screen. On the library screen, you can view the currently playing song and playlist, and arrange music by tracks, albums, and artists.


Pause and resume playback.
Adjust the volume.
Restart the currently playing file or skip to the previous file. Tap and hold to move backwards quickly.
Change the device used to play music.
Skip to the next file. Tap and hold to move forwards quickly.

Importing music

Import music saved in your mobile device to your Galaxy Watch.

1 Launch **Galaxy Wearable** on your mobile device.

2 Tap **SETTINGS** → **Add content to your watch**.

3 Tap **Add tracks**.

4 Select files and tap **DONE**.

To sync music in your mobile device with your Galaxy Watch, tap the **Auto sync** switch under **MUSIC**. The music in your mobile device will be synced automatically with your Galaxy Watch when it has more than 15 % of remaining battery power.

Playing music with the Galaxy Watch

Play music saved on your Galaxy Watch via the internal speaker. You can also play music via a connected Bluetooth headset.

1 Tap (**Music**).

2 Tap to play the music saved in your Galaxy Watch.
The icon will be changed to .

3 Tap ▶.

Playing music from your mobile device

Play music saved on your mobile device and control it with your Galaxy Watch.

Mobile device

1 Launch the music player app.

Galaxy Watch

2 Tap (**Music**).

3 Tap to play the music saved in your mobile device.
The icon will be changed to .

4 Tap ▶.

To change the music player app used from your Galaxy Watch, tap ⋮ → **Music player** and select the app among the music player app installed on the mobile device.

Playing music without connecting to a mobile device

Listen to music or radio using the Galaxy Watch by itself. You must download music or a radio streaming app on the Galaxy Watch.

On the Apps screen, tap (**Galaxy Apps**). Browse and download music or a radio streaming app in **Galaxy Apps** and launch the app.

Reminder

Add reminders for events such as buying tickets, going to the laundromat, or taking medicine, without using your calendar app. You can set alarms to receive reminders at specified times.

Creating a reminder

1 On the Apps screen, tap (**Reminder**) → **Create reminder**. Alternatively, rotate the bezel clockwise on the Watch screen and tap **Create reminder** on the **Reminder** widget.

If you have a saved reminder, tap **Create** or on the top of the list.

2 If your Galaxy Watch supports voice input, speak a schedule to create a reminder. When you are finished, tap **DONE**.

Or, tap **Write memo** > to enter text and tap **Done**.

3 To set an alarm, tap **Set time** >, set the alarm time by rotating the bezel and tap **DONE**.

4 Tap **SAVE**.

Viewing the reminder alarm

When an alarm appears, check the reminder details.

You can also rotate the bezel anticlockwise on the Watch screen to open the notification panel and view reminders.

- All reminders on your Galaxy Watch will be synced with the connected mobile device automatically so that you can receive alarms and check them from the mobile device.
- Tap **Edit time** > to set a reminder again or tap ⋮ and rotate the bezel to select **Delete** to remove it.

Completing or deleting the reminder

When you have finished your task, you can set the reminder as completed or delete it.

On the reminder's details, tap **Complete** to complete it.

To delete it, tap ⋮, rotate the bezel, and tap **Delete**.

Calendar

View events scheduled on your mobile device and Galaxy Watch.

All events scheduled on your Galaxy Watch will be synced with the connected mobile device automatically to check them, and receive alarms from the mobile device.

1 Tap (**Calendar**) on the Apps screen.

2 Tap anywhere on the monthly calendar.

The current day's events list will be shown.

3 To view upcoming events, rotate the bezel to clockwise.

Bixby

Introduction

Bixby is a voice service that helps you use the Galaxy Watch more conveniently. You can talk to Bixby to launch a function or provide you with information.

- This app may not be available depending on the region.
- Make sure the Galaxy Watch's microphone is not obstructed when you are speaking into it.
- To use Bixby, your mobile device must be connected to a Wi-Fi or mobile network.

Launching Bixby

Launching with the Home key

When you quickly press the Home key twice, Bixby will launch.

Launching by voice

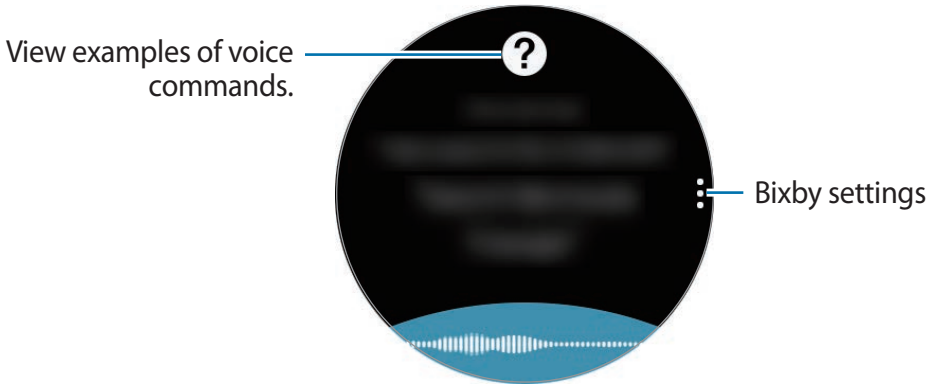
You can launch **Bixby** using your voice. You can only use this feature when your Galaxy Watch's screen is turned on.

To set the voice wake-up, on the Apps screen, tap (**Bixby**) → ⋮ → **Voice wake-up**.

Using Bixby

1 Quickly press the Home key twice. Alternatively, say "Hi Bixby". You can also launch Bixby by tapping (**Bixby**) on the Apps screen.

The Galaxy Watch begins voice recognition.



2 Say a voice command.

If the Galaxy Watch recognises the command, the Galaxy Watch will perform the corresponding action with voice feedback.

To repeat a voice command or say a different command, tap .

Tips for better voice recognition

- Speak clearly.
- Speak in quiet places.
- Do not use offensive or slang words.
- Avoid speaking in dialectal accents.

The Galaxy Watch may not recognise your commands or may perform unwanted commands depending on your surroundings or how you speak.

Setting the language

On the Apps screen, tap (**Bixby**) → , rotate the bezel, tap **Language**, and then select a language.

The selected language is applied to **Bixby** only, not to the language displayed on the Galaxy Watch.

Weather

View weather information on the Galaxy Watch for locations set on the mobile device when the devices are connected.

Tap (**Weather**) on the Apps screen. Alternatively, rotate the bezel clockwise on the Watch screen and select the **Weather** widget to launch it.

To view the current day's weather information, tap the screen and rotate the bezel.

To add another city's weather information, rotate the bezel clockwise or swipe to the left on the screen, tap **Add location**, and then add the city from the connected mobile device.

You cannot add a city when you use the Galaxy Watch without connecting to a mobile device.

Alarm

Set alarms and manage them.

Setting alarms

1 Tap (**Alarm**) on the Apps screen.

2 Tap **Add alarm**.

If you have a saved alarm, tap **Add** on the alarms list.

3 Set the alarm time by rotating the bezel and tap **NEXT**.

4 Select the days for the alarm to repeat and tap **SAVE**.

The saved alarm is added to the alarms list.

On the alarms list, tap to activate the alarm or tap to deactivate the alarm.

Stopping alarms

Drag outside the large circle to stop an alarm. Alternatively, rotate the bezel clockwise.

If you want to use the snooze function, drag outside the large circle. Alternatively, rotate the bezel anticlockwise.

Deleting alarms

In the alarms list, tap and hold and alarm, and then tap **DELETE**.

World clock

Creating world clocks

1 Tap (**World clock**) on the Apps screen.

2 Tap **Add city**.

If you have a saved world clock, tap **Add** on the clocks list.

3 Rotate the bezel to select a time zone on the globe.

You can also tap **ALL CITIES** > and search for a city or select a city from the list.

4 Tap the city name representing the selected time zone.

Deleting world clocks

On the world clocks list, tap and hold a clock, and then tap **DELETE**.

Gallery

Importing and exporting images

Importing images from your mobile device

1 Launch **Galaxy Wearable** on your mobile device.

2 Tap **SETTINGS** → **Add content to your watch**.

3 Tap **Copy images**.

4 Select files and tap **DONE**.

To sync images on your mobile device with your Galaxy Watch, tap the **Auto sync** switch under **IMAGES**, tap **Albums to sync**, select albums to import to your Galaxy Watch, and then tap **DONE**. The selected albums will be automatically synced with your Galaxy Watch when it has more than 15 % of remaining battery power.

Exporting images to your mobile device

1 Tap (**Gallery**) on the Apps screen.

2 Tap an image.

3 Tap and hold the image to export.

4 Rotate the bezel and select any images to export.

5 Tap ⋮ → **Send to phone**.

You can view the exported images in apps like Gallery on your mobile device.

Viewing images

View and manage the images saved on your Galaxy Watch.

1 Tap (**Gallery**) on the Apps screen.

2 Rotate the bezel to scroll through the image list and select an image.

Zooming in or out

While viewing an image, double-tap the image to zoom in or out.

When an image is magnified, you can view the rest of the image by scrolling around the screen.

Deleting images

1 Tap (**Gallery**) on the Apps screen.

2 Tap an image.

3 Tap and hold an image to delete.

4 Rotate the bezel and select any images you want to delete.

5 Tap **DELETE** → ✓.

News Briefing

View the latest articles in various categories. You can catch up on news categories that interest you.

1 Tap (**News Briefing**) on the Apps screen. Alternatively, rotate the bezel clockwise on the Watch screen and select the **News Briefing** widget to launch it.

2 When you use the **News Briefing** app for the first time, read the legal notice and tap **AGREE**.

3 Tap **START** to select an article from a specific category and tap **OK**.

To edit categories, tap → **Select topic**, and then tick categories.

4 Tap an article to read it.

To read the full article, tap (**Show on phone**) and read it on your mobile device.

Selecting the region

Tap , rotate the bezel to select **Select region**, and then select the region you want.

You can then check regional news.

Find My Phone

If you misplace the mobile device, the Galaxy Watch can help you find it.

This feature is not available when you use the Galaxy Watch without connecting to a mobile device.

1 Tap (**Find My Phone**) on the Apps screen.

2 Tap .

The mobile device emits sounds and turns on the screen. Tap and drag it on the mobile device, or tap on the Galaxy Watch.

Viewing the location of your mobile device

Tap → **Locate phone**.

The Galaxy Watch will display your mobile device's location.

Find My Watch

If you misplace your Galaxy Watch, use the Galaxy Wearable app on your mobile device to find it.

This feature is not available when you use the Galaxy Watch without connecting to a mobile device.

1 Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Find My Watch**.

2 Tap .

The Galaxy Watch will make a sound and vibrate, and the screen will turn on. Drag outside the large circle on the Galaxy Watch, or rotate the bezel clockwise, or tap on the mobile device to stop making sound and vibrating.

Controlling the Galaxy Watch remotely

If you cannot find your Galaxy Watch, tap **GET LOCATION** to check the current location of the Galaxy Watch.

When your Galaxy Watch is lost or stolen, you can control it remotely. Launch **Galaxy Wearable** on your mobile device, tap **SETTINGS** → **Find My Watch** → **SET SECURITY**, select a feature, and then tap the switch to activate it.

This feature is available after registering the Samsung account on both your Galaxy Watch and mobile device.

SOS messages

In an emergency situation, you can send an SOS message by quickly pressing the Galaxy Watch's Home key three times. You can also set the Galaxy Watch to automatically call your emergency contacts.

Setting up SOS messages

1. Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Send SOS requests**, and tap the switch to activate it.
2. Follow the on-screen instructions to add emergency contacts if you have not already done so.

Adding emergency contacts

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Send SOS requests** → **Send SOS messages to** → **ADD**.

Tap **Create contact** and enter the contact information or tap **Select from contacts** to add an existing contact as an emergency contact.

Activating SOS calls

Set the Galaxy Watch to automatically call your emergency contact after sending an SOS message. You can only call one of your emergency contacts.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Send SOS requests**. Tap the **Make SOS calls to** switch to activate it and select an emergency contact.

Setting the SOS message delay

Set the Galaxy Watch to send an SOS messages after a while to cancel the request when you quickly press the Galaxy Watch's Home key three times.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Send SOS requests**. Tap the **Count down before sending** switch to activate it.

Sending SOS messages

In an emergency situation, quickly press the Galaxy Watch's Home key three times.

The message, including information that is needed to track your current location, will be sent to the previously registered emergency contact and will be displayed for 60 minutes. If the **Make SOS calls to** feature is activated, the Galaxy Watch will automatically call the selected emergency contact.

After sending an SOS message, the icon will display on the notification panel and you can view the result of your SOS request.

Viewing my location

After sending an SOS message which includes your location information, you can view your location on the notification panel. On the Watch screen, swipe to the right or rotate the bezel anticlockwise and tap the SOS screen to view your current location on the map.

To finish sharing your location with your emergency contacts, scroll down the screen, and tap (**Stop sharing**) → ✓.

Email

View emails received on the mobile device and reply to them.

Reading emails

1 Tap (**Email**) on the Apps screen.

2 Select an email to open the email screen.

To view an email on the mobile device, tap ⋮, rotate the bezel to select **Show on phone**.

To reply an email, select an input mode and enter your email.

You may not be able to reply to emails depending on the mobile device that you connect to the Galaxy Watch.

PPT Controller

Introduction

You can control the PPT slides on your computer with your Galaxy Watch after connecting the Galaxy Watch to a computer.

Connecting your Galaxy Watch to a computer via Bluetooth

1 Tap (**PPT Controller**) on the Apps screen.

Learn the basic features and controls when an on-screen tutorial appears on your Galaxy Watch.

2 Tap **CONNECT**.

Your Galaxy Watch enters Bluetooth pairing mode and the computer will find your Galaxy Watch.

3 Search for or select your Galaxy Watch from the Bluetooth list on your computer.

4 Follow the on-screen instructions to complete the connection.

If your computer and Galaxy Watch do not connect, cancel the Bluetooth request on both devices and try again. Or, remove the Galaxy Watch from your computer that previously appeared on the Bluetooth list, and try again. Refer to the computer's user manual for more information.

5 Tap **SLIDESHOW** to control the slides.

Tap ⟩ to move to the next slide or tap ⟨ to move to the previous slide. Alternatively, rotate the bezel clockwise or anticlockwise to move between slides.

Tap **TOUCHPAD** > and move your finger on the screen to control the cursor on your computer.

The Galaxy Watch's display may turn off while you are controlling the slides with the Galaxy Watch. To set the screen to always stay on, tap ⋮ → **Screen always on** and tap the **Always on** switch to activate it.

6 Tap **STOP** to stop controlling slides.

Connecting the Galaxy Watch to a new computer

1 To connect the Galaxy Watch to a new computer, tap ⋮ and rotate the bezel to select **Connect new computer**.

2 Tap ✓ to disconnect your Galaxy Watch from the previous computer and tap **CONNECT** to connect it to a new computer.

Setting the alarm functions

Setting the wrap up alert

When you make a presentation using slides, set the finishing time on your Galaxy Watch in advance to receive an alarm.

1 Tap ⋮ and rotate the bezel to select **Wrap-up alert**.

2 Tap the **Wrap-up alert** switch to activate it.

3 Tap **Set time** and rotate the bezel to set the finish time and then tap **SET**.

Setting interval alerts

Set regular interval alerts on your Galaxy Watch in advance to receive alerts while making a presentation.

1 Tap ⋮ and rotate the bezel to select **Interval alerts**.

2 Tap the **Interval alerts** switch to activate it.

3 Tap **Set interval** and rotate the bezel to set the interval and then tap **SET**.

Samsung Flow

Introduction

Unlock the computer or tablet with the Galaxy Watch by using Samsung Flow.

- If the Samsung Flow has not been installed yet on your mobile device, computer, or tablet, download it from **Galaxy Apps**, **Play Store**, or **Microsoft Store**.
- To use the Samsung Flow, set the screen lock feature on your Galaxy Watch and mobile device. To use the screen lock feature of the Galaxy Watch and mobile device, refer to Lock screen and the mobile device's user manual.

Connecting devices via Bluetooth

Connect your Galaxy Watch and mobile device to a computer or tablet.

Galaxy Watch

1 On the Apps screen, tap (**Samsung Flow**).

2 Tap ✓.

Your Galaxy Watch enters Bluetooth pairing mode and the computer or tablet will find your Galaxy Watch.

Mobile device

3 Launch the **Samsung Flow** app.

Computer or tablet

4 Search for or select your Galaxy Watch and mobile device from the Bluetooth list on your computer or tablet.

5 Launch the **Samsung Flow** app and select **START** to register the Galaxy Watch and mobile device.

6 Follow the on-screen instructions to complete the connection.

Unlocking the computer or tablet

Unlocking the computer or tablet normally

1 Bring your Galaxy Watch close to the lock screen of the computer or tablet.

2 Rotate the bezel clockwise to unlock the computer or tablet.

Unlocking the computer or tablet with the simple unlock method

1 On the Galaxy Watch's Apps screen, tap (**Samsung Flow**).

2 Tap the **Simple unlock** switch to activate it.

3 Bring your Galaxy Watch close to the lock screen of the computer or tablet.

The computer or tablet will be unlocked automatically.

Galaxy Apps

Download specialised apps and watch faces on your Galaxy Watch, not through the connected mobile device.

On the Apps screen, tap (**Galaxy Apps**). Scroll through the list and select an app to download or watch face or tap to search for apps by keyword.

Tap and rotate the bezel to select **Show on phone** and launch **Galaxy Apps** on your mobile device. Then, browse and select an app or watch face to download.

Register your Samsung account on the connected mobile device first to use this app.

Settings

Introduction

Customise settings for functions and apps. You can make your Galaxy Watch more personalised by configuring various setting options.

Tap (**Settings**) on the Apps screen.

Watch faces

Customise the watch face.

On the Settings screen, tap **Watch faces**.

- **Watch faces**: Select a watch type. You can also select items to display on the watch face and download more watch faces from **Galaxy Apps**.
- **Watch always on**: Set the Galaxy Watch to display a watch when the screen is turned off.

  The **Watch always on** feature only works while you are wearing the Galaxy Watch.

- **Watch face order**: Select how to arrange the watch faces.
  - **Most recent first**: Set the recently used watch face to appear first.
  - **Custom**: Arrange the watch face to your preference.
- **Hourly chime**: Set the Galaxy Watch to notify you every hour with a sound or vibration.
- **Notification indicator**: Set the Galaxy Watch to display an orange dot on the Watch screen to alert you to notifications that you have not checked.
- **Status indicator**: Set the status indicators to display on the Watch screen.

Sound and vibration

Change the Galaxy Watch's sound and vibration settings.

On the Settings screen, tap **Sound and vibration**.

Some options are not displayed when you use the Bluetooth model without connecting to a mobile device.

- **Sound mode**: Set the Galaxy Watch to use sound mode, silent mode, or vibrate mode.
- **Vibrate with sound**: Set the Galaxy Watch to vibrate and play a ringtone for incoming calls and notifications.
- **Volume**: Adjust the volume levels for the ringtone, media, notifications, and the system.

  - The ringtone screen does not appear when you use the Bluetooth model without connecting to a mobile device.
  - When the Voice Assistant feature is activated, you can also adjust the accessibility volume.

- **Vibration intensity**: Adjust the force of the vibration notification.
- **Long vibration**: Set the Galaxy Watch to vibrate longer for incoming calls and notifications.
- **Ringtone**: Change the ringtone.
- **Ringtone vibration**: Select a vibration pattern for incoming calls.
- **Notification sound**: Change the notification ringtone.
- **Notification vibration**: Select a vibration pattern for notifications.
- **Touch sounds**: Set the Galaxy Watch to make a sound when apps or options are selected on the touchscreen.

Display

Change the Galaxy Watch's display settings and the Apps screen.

On the Settings screen, tap **Display**.

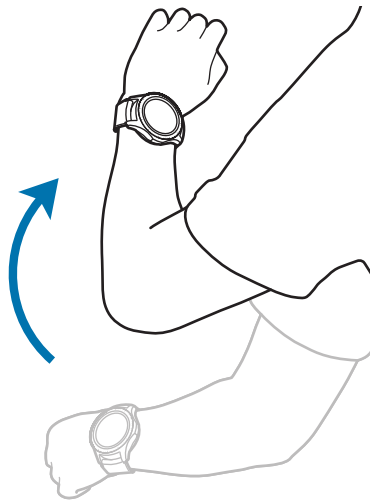
- **Brightness**: Adjust the brightness for the display.
- **Auto low brightness**: Set the Galaxy Watch to automatically adjust the brightness depending on the ambient light conditions.
- **Screen timeout**: Set the length of time the Galaxy Watch waits before turning off the display's backlight.
- **Show last app**: Select the length of time to display a recently used app when the screen is back on after it turned off.
- **Background style**: Change the wallpaper.
- **Font**: Change the font type and size.

Advanced

Activate the Galaxy Watch's advanced features and change the control settings.

On the Settings screen, tap **Advanced**.

- **Double press Home key**: Select an action to perform when you press the Galaxy Watch's Home key twice.
- **Wake-up gesture**: Set the Galaxy Watch to turn on the screen when you raise your wrist that is wearing the Galaxy Watch.



- **Bezel wake-up**: Set the Galaxy Watch to turn on the screen when you rotate the bezel.
- **Water lock mode**:
  - **Water lock mode**: Activate water lock mode before entering the water. The touchscreen, the wake-up gesture feature, and the watch always on feature will be deactivated.
  - **Eject water**: Remove water from inside the speaker with a loud sound if your Galaxy Watch does not emit sound well after being used under water. Tap **Play sound** to start cleaning out the internal water.
  - **Help**: View information about water lock mode.
- **Touch sensitivity**: Set the Galaxy Watch to allow use of the touchscreen with gloves on.
- **Do not disturb**: Set the Galaxy Watch not to vibrate when receiving calls or notifications except for alarms.
- **Theatre mode**: Activate theatre mode for watching movies. The screen will remain off, the sound will be muted, and the wake-up gesture feature and watch always on feature will be deactivated automatically.
- **Goodnight mode**: Activate goodnight mode for sleeping. All sounds, except for the touch sounds and alarms, will be muted and the wake-up gesture feature and watch always on feature will be deactivated automatically.
- **Edit quick settings**: Edit the Galaxy Watch's quick panel.
- **Screen capture**: Swipe right on the screen while pressing the Home key to capture the screen.

Connections

Bluetooth

Connect to a mobile device via Bluetooth. You can also connect a Bluetooth headset to your Galaxy Watch and listen to music or have a phone conversation.

- Samsung is not responsible for the loss, interception, or misuse of data sent or received via Bluetooth.
- Always ensure that you share and receive data with devices that are trusted and properly secured. If there are obstacles between the devices, the operating distance may be reduced.
- Some devices, especially those that are not tested or approved by the Bluetooth SIG, may be incompatible with your device.
- Do not use the Bluetooth feature for illegal purposes (for example, pirating copies of files or illegally tapping communications for commercial purposes).

  Samsung is not responsible for the repercussion of illegal use of the Bluetooth feature.

On the Settings screen, tap **Connections** → **Bluetooth**.

- **Bluetooth**: Turn the Bluetooth feature on or off.
- **BT headset**: Search for Bluetooth headsets and connect them to the Galaxy Watch.

Mobile networks

Customise settings to control networks.

On the Settings screen, tap **Connections** → **Mobile networks**.

The **Mobile networks** options are not displayed on the Bluetooth model.

- **Mobile networks**:
  - **Auto on/off**: Set the Galaxy Watch to automatically connect to or disconnect from the mobile network depending on the Galaxy Watch's connection to the mobile device via Bluetooth.

    - When the Galaxy Watch is connected to the mobile device via Bluetooth, the Galaxy Watch's mobile network is turned off to save battery power. Then, the Galaxy Watch will not receive messages and calls made to the Galaxy Watch's phone number.
    - The Galaxy Watch's mobile network is automatically turned on after a moment when no Bluetooth connection is detected. Then, you can receive messages and calls made to the Galaxy Watch's phone number.

  - **Always on**: Set the Galaxy Watch to connect to the mobile network.

    When this option enabled, you can receive incoming calls and messages to the Galaxy Watch and mobile devices' phone numbers.

    When you enable the **Always on** option, the Galaxy Watch's battery consumption may increase.

  - **Always off**: Set the Galaxy Watch not to connect to the mobile network.

    When this option is enabled, you cannot receive incoming calls and messages to the Galaxy Watch's phone number. If the Galaxy Watch is connected to the mobile device via Bluetooth, you can receive incoming calls or notifications from your mobile device's phone number.

- **Mobile data**: Set the Galaxy Watch to use data connections on any mobile network.
- **Data roaming**: Set the Galaxy Watch to use data connections when you are roaming.
- **Network mode**: Select a network type to connect to between LTE and 3G.
- **Network operators**: Search for available networks and manually register a network.
- **Access Point Names**: Set up access point names (APNs).

Wi-Fi

Activate the Wi-Fi feature to connect to a Wi-Fi network.

This feature is available when the Galaxy Watch is not connected to the mobile device via Bluetooth.

1 On the Settings screen, tap **Connections** → **Wi-Fi**.

2 Tap **Wi-Fi** and select **Auto** or **Always on** to connect to a Wi-Fi network.

If you select **Auto**, the Wi-Fi network will be disconnected automatically when your Galaxy Watch is connected to your mobile device via Bluetooth. If you select **Always off**, you can use your Galaxy Watch after connecting it to your mobile device via Bluetooth instead of using a Wi-Fi network.

- When you select the **Always on** option, the battery will drain more quickly than normal.
- The **Auto** option is not displayed and you cannot connect to a Wi-Fi network automatically when you use the Galaxy Watch without connecting to a mobile device.

3 Tap **Wi-Fi networks** and select a network from the Wi-Fi networks list.

Networks that require a password appear with a lock icon.

4 Tap **CONNECT**.

- Once the Galaxy Watch connects to a Wi-Fi network, the Galaxy Watch will reconnect to that network each time it is available without requiring a password. To prevent the Galaxy Watch connecting to the network automatically, select it from the list of networks and tap **FORGET**.
- If you cannot connect to a Wi-Fi network properly, restart your device's Wi-Fi feature or the wireless router.
- Turn off Wi-Fi to save the battery when not in use.

NFC

You can use the NFC feature.

On the Settings screen, tap **Connections** → **NFC**.

The Galaxy Watch contains a built-in NFC antenna. Handle the Galaxy Watch carefully to avoid damaging the NFC antenna.

- **NFC**: Activate the NFC feature.
- **Tap and pay**: Set the default app for using the NFC feature.

This feature may not be available depending on the region or service provider.

Using the NFC feature

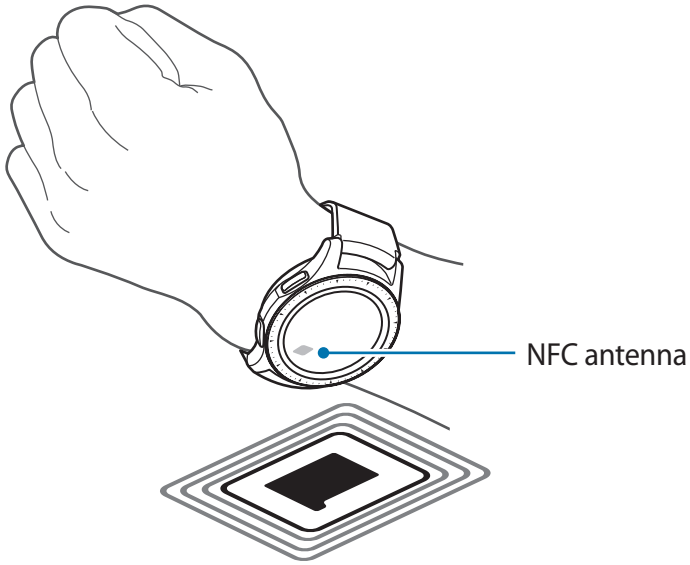
Before using the NFC feature, you must register for the related service. To register or get more information about the service, contact your service provider.

1 On the Settings screen, tap **Connections** → **NFC** and tap the **NFC** switch to activate it.

2 Touch the NFC antenna area at the top of the Galaxy Watch's touchscreen to the NFC card reader.

To set the default app, open the Settings screen and tap **Connections** → **NFC** → **Tap and pay**, and then select an app.

The services list may not include all available apps.



Alerts

Set the Galaxy Watch to vibrate when it is disconnected from your mobile device.

On the Settings screen, tap **Connections** and tap the **Alerts** switch to activate it.

The **Alerts** option is not displayed when you use the Galaxy Watch without connecting to a mobile device.

Flight mode

This disables all wireless functions on your device. You can use only non-network services.

On the Settings screen, tap **Connections** and tap the **Flight mode** switch to activate it.

Follow the regulations provided by the airline and the instructions of aircraft personnel. In cases where it is allowed to use the device, always use it in flight mode.

Data usage

Keep track of your data usage amount and customise the settings for the limitation.

On the Settings screen, tap **Connections** → **Data usage**.

The **Data usage** options are not displayed on the Bluetooth model.

- **Mobile data**: Set the Galaxy Watch to use data connections on any mobile network.
- **Data limit**: Set a limit for mobile data usage.
- **Data usage cycle**: Set a data reset cycle to monitor data usage between usage periods.
- **Start date**: Set the start date of the data usage cycle.
- **Usage details**: View your total data usage for the current cycle.

Location

Set the Galaxy Watch to allow apps to use your current location information.

On the Settings screen, tap **Connections** → **Location**.

Tap **Location** to activate it and select a method to collect your location data.

Apps

App order

Select how to arrange the apps on the Apps screen.

On the Settings screen, tap **Apps** → **App order**.

- **Most recent first**: Set the recently used apps to appear first.
- **Custom**: Arrange the apps to your preference.

Auto open apps

Set an app to launch by rotating the bezel without tapping the app. When the bezel indicator icon hovers over an app, the app will be launched automatically.

On the Settings screen, tap **Apps** and tap the **Auto open apps** switch to activate it.

Permissions

For some apps to operate properly, they may need permission to access or use information on your Galaxy Watch. View your app permission settings for each app and change the settings.

On the Settings screen, tap **Apps** → **Permissions**.

Call

Change the call feature settings.

On the Settings screen, tap **Apps** → **Call**.

The **Call** options are not displayed on the Bluetooth model.

- **Outgoing number**: View the phone number of the Galaxy Watch.

  This options are not displayed when you use the mobile network model without connecting to a mobile device.

- **Show my caller ID**: Set your Galaxy Watch's phone number to display on the receiver's screen when making a call.
- **Voicemail**: Enter the number to access the voicemail service or access the voice mail service.
- **Block list**: View blocked phone numbers.

Messages

Change the message feature settings.

On the Settings screen, tap **Apps** → **Messages**.

- The **Messages** options are not displayed when you use the Bluetooth model without connecting to a mobile device.
- Some options are not displayed on the Bluetooth model.

- **Send as audio**: Set the Galaxy Watch to send a voice message as an audio file.
- **Block list**: View the blocked numbers and messages from the blocked number.

Security

Lock

Change the settings for securing the Galaxy Watch. When you use this feature, the Galaxy Watch may be locked automatically when it does not move for a period of time.

On the Settings screen, tap **Security** → **Lock**.

- **Type**: Select the Galaxy Watch lock method.
- **Use for**: Select when to use the lock feature.

  This option is not displayed depending on your region or service provider.

- **Help**: View information about locking your Galaxy Watch.

Security update service

You can update the security policy manually or automatically.

On the Settings screen, tap **Security** → **Security update service**.

When you use the Bluetooth model without connecting to a mobile device, the security policy can be updated only when the Galaxy Watch is connected to Wi-Fi.

- **Check for updates**: Update the Galaxy Watch's security policy manually.
- **Auto update**: Update the Galaxy Watch's security policy automatically.
- **Download updates**: Set the Galaxy Watch to update the security policy automatically when connected to Wi-Fi or a mobile network.

Account and backup (Account)

Login with your Samsung account and back up the data in your Galaxy Watch on the Samsung Cloud or restore the Galaxy Watch's data saved on your Samsung account on your Galaxy Watch.

On the Settings screen, tap **Account and backup** or **Account**.

When using your Galaxy Watch without connecting it to a mobile device, you can enter your Samsung account and the **Backup and restore** option will be displayed. If you use the Galaxy Watch while connected to a mobile device, back up and restore the data on your mobile device with the same Samsung account as your mobile device. For more information, refer to Backing up and restoring data.

- **Samsung account**: Enter your Samsung account and log in.
- **Backup and restore**: Back up the data saved in your Galaxy Watch on the Samsung Cloud or restore data saved on the Samsung Cloud on your Galaxy Watch.
- **Customisation Service**: Set the Galaxy Watch to provide the proper feature depending on the location and situation after analysing your lifestyle pattern.

  This feature is available after connecting the Galaxy Watch to a mobile device that supports the customisation service platform 2.2 or later. After making an agreement to use the customisation service, launch the **Settings** app, tap **Cloud and accounts** → **Accounts** → **Samsung account** → **Privacy** → **Customisation Service**, and then tap the switch to activate it.

Accessibility

Configure various settings to improve accessibility to the Galaxy Watch.

On the Settings screen, tap **Accessibility**.

- **Vision**: Customise the settings to improve accessibility for visually impaired users.
- **Hearing**: Customise the settings to improve accessibility for users with hearing impairment.
- **Text-to-speech**: Change the text-to-speech settings.
- **Direct access**: Set to open accessibility menus quickly.
- **Notification reminder**: Set the Galaxy Watch to alert you at regular reminder intervals if there is an unchecked notification and select the interval time.

General

Input

Change the text input settings.

On the Settings screen, tap **General** → **Input**.

- **Default keyboard**: Check the default keyboard for entering the characters.
- **Keyboard settings**: Configure the Samsung keyboard's settings.

Text-to-speech

Change the settings for text-to-speech features, such as languages, speed, and more.

On the Settings screen, tap **General** → **Text-to-speech**.

- **Language**: Select a language to use.
- **Speech rate**: Set the reading speed.
- **Read notifications aloud**: Set the Galaxy Watch to read out the received notification on your Galaxy Watch.
- **Check for updates**: Update the supported languages.

Date and time

You can set the date and time manually.

On the Settings screen, tap **General** → **Date and time**.

The **Date and time** options are available only when you use the Galaxy Watch without connecting to a mobile device.

- **Automatic**: Set the time zone provided by network to be applied when travelling to a different time zone.

  This option is not displayed when you use the Bluetooth model without connecting to a mobile device.

- **Set date**: Set the date manually.
- **Set time**: Set the time manually.
- **Select time zone**: Select the time zone manually.
- **Use 24-hour format**: Display time in 24-hour format.

Language

Select a language to use on your Galaxy Watch.

On the Settings screen, tap **General** → **Language**.

The **Language** option is displayed only when you use the Galaxy Watch without connecting to a mobile device.

Reset

Delete all data on your Galaxy Watch.

On the Settings screen, tap **General** → **Reset**.

Update watch software

Update Galaxy Watch to the latest software.

On the Settings screen, tap **General** → **Update watch software**.

The **Update watch software** option is displayed only when you use the Galaxy Watch without connecting to a mobile device.

Battery

Select the Galaxy Watch's battery mode. You can reduce the battery consumption with some battery modes.

On the Settings screen, tap **Battery**.

- **Default**: Select when using your Galaxy Watch normally. You can use all features of the Galaxy Watch.
- **Power saving**: Select when activating power saving mode. Displays colours on the screen as grey tones and some feature are restricted to reduce the battery consumption. Refer to Power saving mode for more information.
- **Watch only**: Only the watch displays on the screen and all other features will be deactivated to reduce the battery consumption. Press the Home key to view the watch. Press and hold the Home key to deactivate Watch only mode.

About watch

View the Galaxy Watch's information.

On the Settings screen, tap **About watch**.

- **Watch phone number**: Check the Galaxy Watch's phone number.

  This option is not displayed on the Bluetooth model.

- **Model number**: Check your Galaxy Watch's model number.
- **Serial number**: Check the Galaxy Watch's serial number.
- **Storage**: Check the total space and used storage space.
- **Device**: Check the Galaxy Watch's information, such as the Wi-Fi MAC address, Bluetooth address, and serial number.
- **Software**: Check your Galaxy Watch's software version and security status.
- **Battery**: Check the Galaxy Watch's battery voltage and capacity.
- **Open source licences**: View the guide for checking the Galaxy Watch's open source licence.
- **Report diagnostic and usage info**: Set the Galaxy Watch to automatically send the device's diagnostic and usage information to Samsung.
- **Debugging**: Activate or deactivate debugging mode when developing apps for the Galaxy Watch.

Connect to new phone

Connect your Galaxy Watch to a new mobile device. The Galaxy Watch can connect to another mobile device after performing a light reset to delete data except media files and personal data.

On the Settings screen, tap **Connect to new phone**.

The **Connect to new phone** option is available only when the Galaxy Watch is connected to a mobile device.

Connect to phone

Connect to a mobile device while you are using the Galaxy Watch by itself. You can select whether to restore the Galaxy Watch's data that is saved on the mobile device.

On the Settings screen, tap **Connect to phone**.

- ✓ : Connect your Galaxy Watch to a mobile device and sync your health information, setting values, and contacts information saved in the Galaxy Watch.
- ✕ : Connect your Galaxy Watch to a mobile device after resetting all the data saved in the Galaxy Watch.

The **Connect to phone** option is displayed only when you use the Galaxy Watch without connecting to a mobile device.

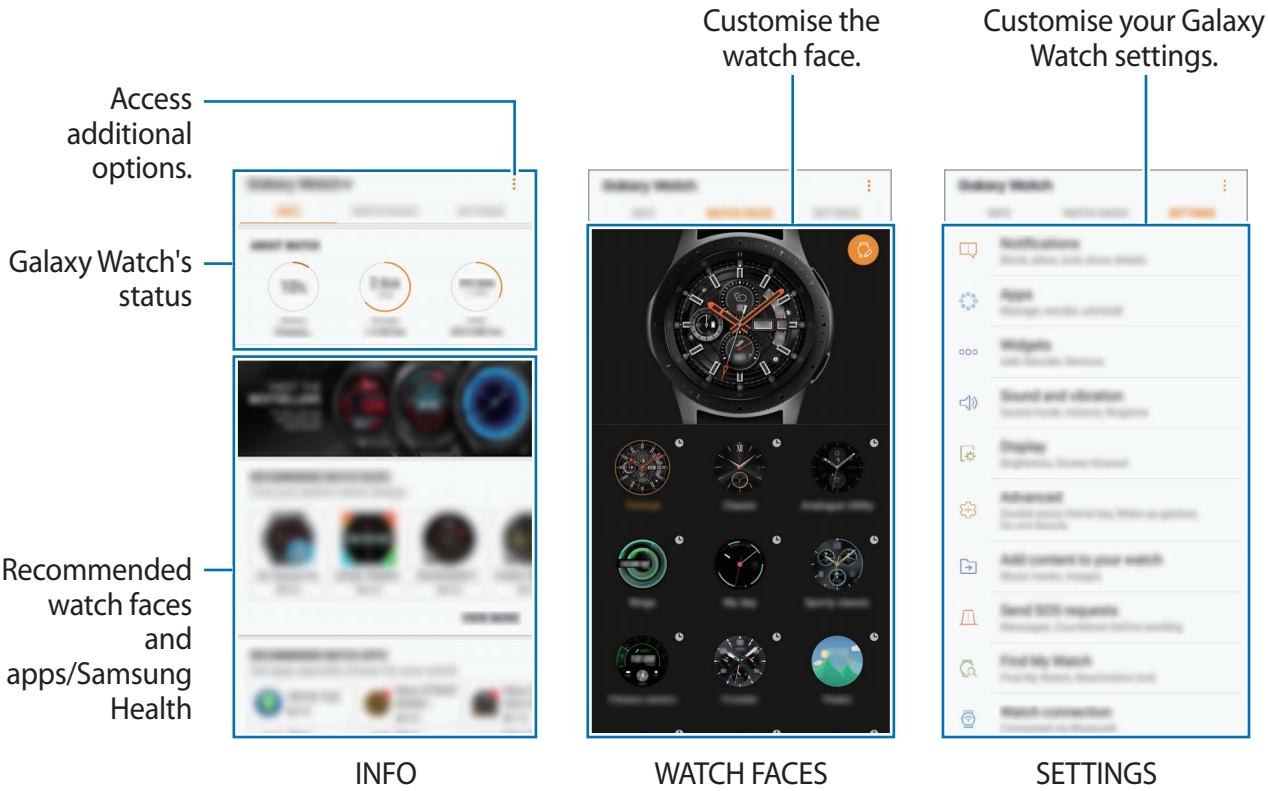
Galaxy Wearable app

Introduction

To connect your Galaxy Watch to a mobile device, you must install the Galaxy Wearable app on your mobile device. You can check the Galaxy Watch's status and download recommended watch faces and apps. You can also customise your Galaxy Watch's various settings, such as your notification settings.

Launch **Galaxy Wearable** on your mobile device.

Some features may not be available depending on the type of connected mobile device.



Tap ⋮ to use the following options:

- **Disconnect**: Disconnect your Galaxy Watch from the currently connected mobile device.
- **Connect new device**: Disconnect your device from the currently connected mobile device and connect a new device. Tap **SCAN** to find a new device. To reconnect to a previously connected device, select one from the **PAIRED DEVICES** list.
- **Auto switch**: The Galaxy Watch will still automatically connect to your mobile device if you wear it on your wrist.

  This option is displayed only when more than two Galaxy Watches are paired to your mobile device.

- **User manual**: View the user manual to learn how to use your Galaxy Watch.
- **Contact us**: **Samsung Members** offers support services to customers, such as device problem diagnosis, and lets users submit questions and error reports. You can also share information with others in the Galaxy users' community or view the latest Galaxy news and tips. **Samsung Members** can help you solve any problems you might encounter while using your device.

  This option may not be available depending on the region, service provider or model that does not support the **Samsung Members** app.

INFO

View your Galaxy Watch's status, Samsung Health data, and download popular watch faces and apps.

Launch **Galaxy Wearable** on your mobile device and tap **INFO**.

ABOUT WATCH

Provide a status overview of your Galaxy Watch's battery, storage, and RAM.

Select an item to view its details.

PAYMENT

You can conveniently make payments with the **Samsung Pay** app by using a mobile payment service.

Tap **OPEN SAMSUNG PAY**.

This option may not be available depending on your region or service provider.

TOP WATCH FACES

You can download popular watch faces from **Galaxy Apps**.

Select a popular watch face to download it. To view more watch faces, tap **VIEW MORE**.

TOP WATCH APPS

You can download popular apps from **Galaxy Apps**.

Select a popular app to download it. To view more apps, tap **VIEW MORE**.

HEALTH

View Samsung Health's saved data such as the step counts or your heart rate.

Tap **OPEN SAMSUNG HEALTH**.

WATCH FACES

You can change the type of watch to be displayed on the Watch screen.

Launch **Galaxy Wearable** on your mobile device, tap **WATCH FACES** and select a desired watch type. The watch face you selected will be applied on the Watch screen.

Tap to change the background and set items to display on the watch face.

SETTINGS

Notifications

Change settings for the notification feature. Stay up to date with a variety of events, such as new messages received on the mobile device.

Launch **Galaxy Wearable** on your mobile device, tap **SETTINGS** → **Notifications**, tap the switch to activate it, and then activate items.

- **Manage notifications**: Select apps on the mobile device to send notifications to the Galaxy Watch.
- **Show only while wearing watch**: Set the Galaxy Watch to show notifications only while you are wearing it.
- **Mute connected phone**: Alert the mobile device on mute when the connected Galaxy Watch receives a notification.
- **Auto show details**: Set the Galaxy Watch to show details for notifications when they are received.
- **Notification indicator**: Set the Galaxy Watch to display an orange dot on the Watch screen to alert you to notifications that you have not checked.
- **Turn on screen**: Set the Galaxy Watch to turn on the screen when the notification is received.
- **Show while using phone**: Set the Galaxy Watch to show notifications while using your mobile device.
- **Smart relay**: Set the mobile device to automatically launch the app that receives the notification from the Galaxy Watch when you pick up the mobile device.

- Some mobile devices do not support the smart relay feature.
- The mobile device must be unlocked first to view details when the screen is locked.

Apps

Customise the Galaxy Watch's Apps screen. You can also rearrange apps.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Apps**.

Uninstalling apps

Tap ⋮ → **Uninstall** and tap ⊖ next to the apps you want to remove from the Galaxy Watch.

Reordering apps

1 Tap ⋮ → **Reorder** and tap **Custom**.

2 Tap ⇕ next to an app and drag it up or down to another position.

You can also rearrange apps by selecting **Most recent first** or **Custom**.

Hiding apps

Hide an app to not have it displayed on the Apps screen.

1 Tap ⋮ → **Hide**.

2 Select an app and tap **APPLY**.

The app will appear on the **Hidden apps** list and will not appear on the Apps screen.

Unhiding apps

1 Tap ⋮ → **Hide**.

2 Select the hidden app and tap **APPLY**.

The app will disappear from the **Hidden apps** list and will appear on the last page of the Apps screen as the last app.

Customising apps

Tap ⚙ of the app to customise the basic settings.

Widgets

Customise the widgets on the Galaxy Watch. You can also rearrange widgets.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Widgets**.

Adding or removing widgets

Tap ⊖ of the widget to remove it or tap ⊕ of the widget to add it.

Reordering widgets

Tap ⇕ next to a widget and drag it up or down to another position.

Sound and vibration

Change the Galaxy Watch's sound and vibration settings.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Sound and vibration**.

- **Sound mode**: Set the Galaxy Watch to use sound mode, silent mode, or vibrate mode.
- **Vibrate with sound**: Set the Galaxy Watch to vibrate and play a ringtone for incoming calls and notifications.
- **Volume**: Adjust the volume levels for the ringtone, media, notifications, and the system.
- **Vibration intensity**: Adjust the force of the vibration notification.
- **Long vibration**: Set the Galaxy Watch to vibrate longer for incoming calls and notifications.
- **Ringtone**: Change the ringtone.
- **Ringtone vibration**: Select a vibration pattern for incoming calls.
- **Notification sound**: Change the notification ringtone.
- **Notification vibration**: Select a vibration pattern for notifications.
- **Touch sounds**: Set the Galaxy Watch to make a sound when apps or options are selected on the touchscreen.

Display

Change the Galaxy Watch's display settings and the Apps screen.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Display**.

- **Brightness**: Adjust the brightness for the display.
- **Auto low brightness**: Set the Galaxy Watch to automatically adjust the brightness depending on the ambient light conditions.
- **Screen timeout**: Set the length of time the Galaxy Watch waits before turning off the display's backlight.
- **Show last app**: Select the length of time to display a recently used app when the screen is back on after it turned off.
- **Background style**: Change the wallpaper.

Advanced

Activate the Galaxy Watch's advanced features and change the control settings.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Advanced**.

- **Double press Home key**: Select an action to perform when you press the Galaxy Watch's Home key twice.
- **Wake-up gesture**: Set the Galaxy Watch to turn on the screen when you raise your wrist that is wearing the Galaxy Watch.
- **Bezel wake-up**: Set the Galaxy Watch to turn on the screen when you rotate the bezel.
- **Water lock mode**: Activate water lock mode before entering the water. The touchscreen, the wake-up gesture feature, and the watch always on feature will be deactivated.
- **Touch sensitivity**: Set the Galaxy Watch to allow use of the touchscreen with gloves on.
- **Do not disturb**: Set the Galaxy Watch not to vibrate when receiving calls or notifications except for alarms.
- **Theatre mode**: Activate theatre mode for watching movies. The screen will remain off, the sound will be muted, and the wake-up gesture feature and watch always on feature will be deactivated automatically.

- **Good night mode**: Activate goodnight mode for sleeping. All sounds, except for the touch sounds and alarms, will be muted and the wake-up gesture feature and watch always on feature will be deactivated automatically.
- **Screen capture**: Swipe right on the screen while pressing the Home key to capture the screen.

Add content to your watch

Transfer saved audio or image files from your mobile device to your Galaxy Watch manually or automatically.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Add content to your watch**.

- **MUSIC**
  - **Add tracks**: Select audio files and manually send them from the mobile device to the Galaxy Watch.
  - **Auto sync**: Set the device to sync recently added audio files with the Galaxy Watch when it has more than 15 % of remaining battery power.

    If the music files saved on the Galaxy Watch take up more than 1 GB, it deletes files that you have not set as your favourites in order from the music files you first added.

  - **Playlists to sync**: Select a playlist to sync with the Galaxy Watch.

    Playlists to sync is available only when the Samsung Music app is installed on your mobile device and it is activated when you turn on the **Auto sync** feature.

- **IMAGES**
  - **Copy images**: Select images and manually send them from the mobile device to the Galaxy Watch.
  - **Auto sync**: Set the device to sync images with the Galaxy Watch when it has more than 15 % of remaining battery power.
  - **Image limit**: Select the number of images to send to your Galaxy Watch from a mobile device.
  - **Albums to sync**: Select an image album to sync with the Galaxy Watch.

Send SOS requests

Set the device to send help messages by pressing the Galaxy Watch's Home key three times. You can also set it to automatically call your emergency contacts.

Launch **Galaxy Wearable** on your mobile device, tap **SETTINGS** → **Send SOS requests**, and tap the switch to activate it. Refer to SOS messages for more information.

Find My Watch

Remotely control your Galaxy Watch when it is lost or misplaced.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Find My Watch**.

Register your Samsung account on the connected mobile device first to use this feature.

- **GET LOCATION**: Check where the Galaxy Watch is placed.
- **SET SECURITY**:
  - **Remote lock**: Remotely lock the Galaxy Watch to prevent unauthorised access. This feature can be used when your mobile device is connected to your Galaxy Watch via Bluetooth or a remote connection. When your Galaxy Watch is locked, connect your mobile device to the Galaxy Watch via Bluetooth. The lock will be deactivated automatically.
  - **Reset watch**: Remotely delete all personal information stored in the Galaxy Watch. After the Galaxy Watch is reset, you cannot restore the information or use the Find My Watch feature.
  - **Reactivation lock**: Set the Galaxy Watch to require your Samsung account information after the device has been reset. This prevents others from reactivating your device if it is lost or stolen.

Watch connection

Customise your Galaxy Watch's wireless connection settings.

Launch **Galaxy Wearable** on your mobile device, tap **SETTINGS** → **Watch connection**, and tap the switch to activate it.

- **Remote connection**: Set the Galaxy Watch to remotely connect with the mobile network or a Wi-Fi network when a Bluetooth connection between devices is not available.

  Register your Samsung account on the connected mobile device first to use this feature.

- **Connection notification**: Set the Galaxy Watch to receive a notification when the Galaxy Watch is disconnected from a mobile device.
- **Sync Wi-Fi profiles**: Set the device to sync the list of saved Wi-Fi networks with your Galaxy Watch.

Galaxy Apps

Purchase and download apps or watch faces that are specialised for the Galaxy Watch from the **Galaxy Apps** app.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Galaxy Apps**.

Browse by category and select an app and watch face to download.

Samsung Health

View the data saved in the Samsung Health app.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Samsung Health**.

Samsung Pay

Make payments conveniently and securely by using a mobile payment service.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Samsung Pay**.

This option may not be available depending on your region or service provider.

SmartThings

Launch **SmartThings** on your mobile device to control and manage conveniently home appliances and Internet of Things (IoT) products.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **SmartThings**.

Mobile networks

Use various other services through the mobile network after activating it on the Galaxy Watch.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **Mobile networks**.

The **Mobile networks** option is not displayed on the Bluetooth model.

About watch

View your Galaxy Watch's status, back up or restore data, or update the Galaxy Watch's software.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **About watch**.

- **Battery**: Check the remaining battery power and time to use the Galaxy Watch.

  The usage time left shows the time remaining before the battery power runs out. Usage time left may vary depending on your device settings and operating conditions.

- **Storage**: Check the status of the used and available memory. To delete unnecessary files, tap **CLEAN NOW**.

  The actual available capacity of the internal memory is less than the specified capacity because the operating system and default apps occupy part of the memory. The available capacity may change when you update the device.

- **RAM**: Check the status of the used and available RAM. To speed up your Galaxy Watch by reducing the amount of RAM you are using, tick apps from the apps list, and tap **CLEAN NOW**.

- **Update watch software**: Update the Galaxy Watch to the latest software.
- **Back up and restore**: Back up the Galaxy Watch's data on the Samsung Cloud or restore backup data. Refer to Backing up and restoring data for more information.
- **Legal information**: View the legal information for the Galaxy Watch.
- **Unknown sources**: Set the Galaxy Watch to allow the installation of apps from unknown sources.
- **Samsung account**: View the Samsung account information.
- **Device name**: Change the Galaxy Watch's name.
- **Device information**: Check the Galaxy Watch's information, such as the Wi-Fi MAC address, Bluetooth address, and serial number.

Updating software via the Galaxy Wearable app

The Galaxy Watch can be directly updated to the latest software by the firmware over-the-air (FOTA) service.

1 Launch **Galaxy Wearable** on your mobile device.

2 Tap **SETTINGS** → **About watch** → **Update watch software** → **Update now**.

3 Tap **DOWNLOAD** and install the latest software version on your mobile device.

4 Read the on-screen information and tap **INSTALL NOW**.

The Galaxy Watch will copy the updated software from your mobile device and restart.

To automatically check for available updates and download them, tap **Auto update** to activate it. Updates will be downloaded only when the device is connected to a Wi-Fi network.

Backing up and restoring data

Keep the Galaxy Watch's settings data and other app settings and restore them later.

To back up data, launch **Galaxy Wearable** on your mobile device, tap **SETTINGS** → **About watch** → **Back up and restore** → **Backup settings**, tap the switch for the item to back up, and then tap **BACK UP NOW**. The data will be saved in Samsung Cloud.

- Music and images saved on the Galaxy Watch will not be backed up.
- Samsung Health app data will be automatically saved on the connected mobile device's Samsung Health app.

To restore, launch **Galaxy Wearable** on your mobile device, tap **SETTINGS** → **About watch** → **Back up and restore** → **Restore**, tick the data type you want to restore, and then tap **RESTORE NOW**. The latest backup data will be restored.

About Galaxy Wearable

View version information of the Galaxy Wearable app.

Launch **Galaxy Wearable** on your mobile device and tap **SETTINGS** → **About Galaxy Wearable**.

Using the Galaxy Watch

Introduction

Use the helpful features of the Galaxy Watch to add convenience to your daily life and manage your health. Also, the customisation service of the Galaxy Watch analyses your usage patterns and status to provide services and information according to your location and place.

Enjoy the many features of the Galaxy Watch.

Using as a planner

Checking out today's information

Use the Galaxy Watch on an important day. You can view information such as schedules, reminders, and the alarm time on the Watch screen even if you do not run any applications.

Tap and hold the Watch screen, and then rotate the bezel or swipe the screen left or right to select the **My day** watch face. You can view your daily schedule and manage it on the **My day** watch face.

You can view the following information on the watch face:

- Today's schedule you have set on the calendar
- Items you have saved as reminders
- Alarm times

For more information about registering a schedule or reminder, or setting up an alarm, refer to Calendar, Reminder, or Alarm.

- You can only check schedule and alarm information that has been set within 10 hours of the current time.
- The alarm information added to the mobile device is not displayed on the Watch screen.

Managing my daily life

The Galaxy Watch helps you enjoy your life comfortably. The customisation service of the Galaxy Watch identifies your lifestyle and taste and provides appropriate features according to your location or situation. Start and end your day with the Galaxy Watch. The Galaxy Watch will provide you with what you need the most anytime, anywhere.

- This feature is available after connecting the Galaxy Watch to a mobile device that supports the customisation service platform 2.2 or later. After making an agreement to use the customisation service, launch the **Settings** app, tap **Cloud and accounts** → **Accounts** → **Samsung account** → **Privacy** → **Customisation Service**, and then tap the switch to activate it.
- If the previously analysed lifestyle pattern changes, the Galaxy Watch will provide the service and feature based on the changed pattern.

Being briefed twice a day

You can be briefed after waking up and before going to bed on useful information you need for the day.

After waking up, the Galaxy Watch notifies you of today's important events or weather. Before you go to bed, the Galaxy Watch notifies you of your exercise status, tomorrow's weather, and reminds you of any unfinished reminders items.

For more information about registering a schedule or a reminder for a briefing, refer to Calendar or Reminder.

Launching recommended apps by location and time

Launch your favourite apps conveniently with widgets. The Galaxy Watch analyses your usage patterns by time and place to automatically add your favourite apps that you have used at specific times or places to the **App shortcuts** widget.

For example, when you arrive at a bus stop during rush hour, your frequently used maps or transit-related apps and your music app are automatically added to the widget.

Rotate the bezel to the watch face to launch apps automatically added to your **App shortcuts** widget.

Launching goodnight mode to sleep more comfortably

Before bedtime, the Galaxy Watch notifies you to go to sleep. Activate goodnight mode optimised for sleep.

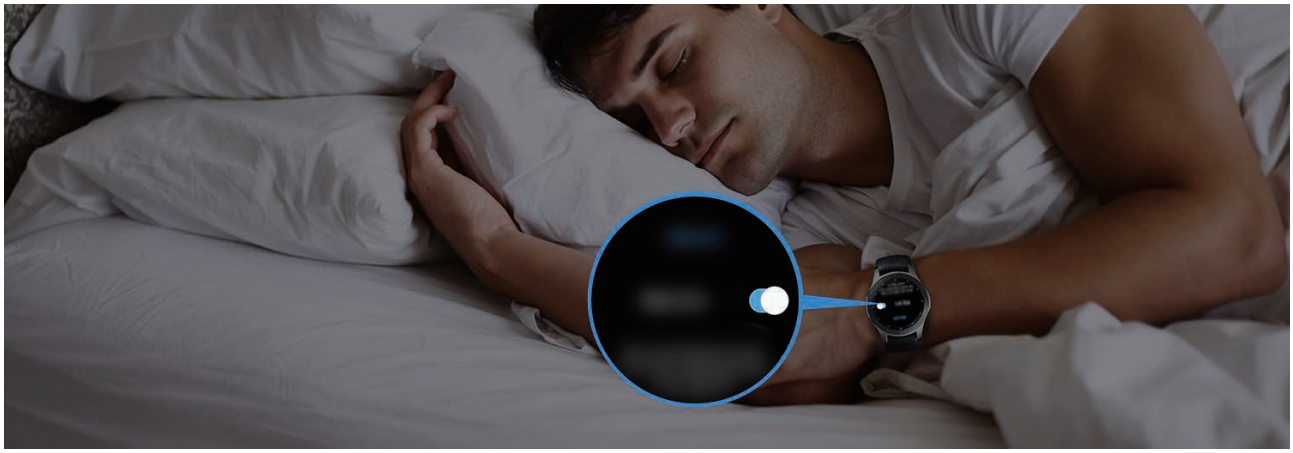
When you receive the notification for activating goodnight mode, follow the screen to activate it.

The following features are disabled:

- All sounds except alarms and system alarm sounds
- The watch always on feature
- The wake-up gesture feature

Goodnight mode is automatically disabled after you wake up.

If you do not activate goodnight mode through goodnight mode activation notification but activate it manually, goodnight mode is not deactivated automatically after waking up.



Using dual clock when you are abroad

If you are travelling abroad or travelling on a business trip, the Galaxy Watch automatically detects the changed time zone and suggests that you switch to the dual clock screen to see both the local time and your country's time. Use the dual clock feature by changing the watch face according to the notifications.

This feature is available after connecting the Galaxy Watch to a mobile device that supports the customisation service platform 2.2 or later. After making an agreement to use the customisation service, launch the **Settings** app, tap **Cloud and accounts** → **Accounts** → **Samsung account** → **Privacy** → **Customisation Service**, and then tap the switch to activate it.

Using a convenient reminder

Register a reminder quickly with your voice and get briefed on today's reminders.

Registering reminders with your voice

You can easily save what you need to remember with your voice.

For example, say 'Call my mom at 3 o'clock' and make a reminder. At 3 o'clock, you will be notified that it is time to call mom.

For more information about registering for reminders, refer to Creating a reminder.

Using as a personal coach for your health

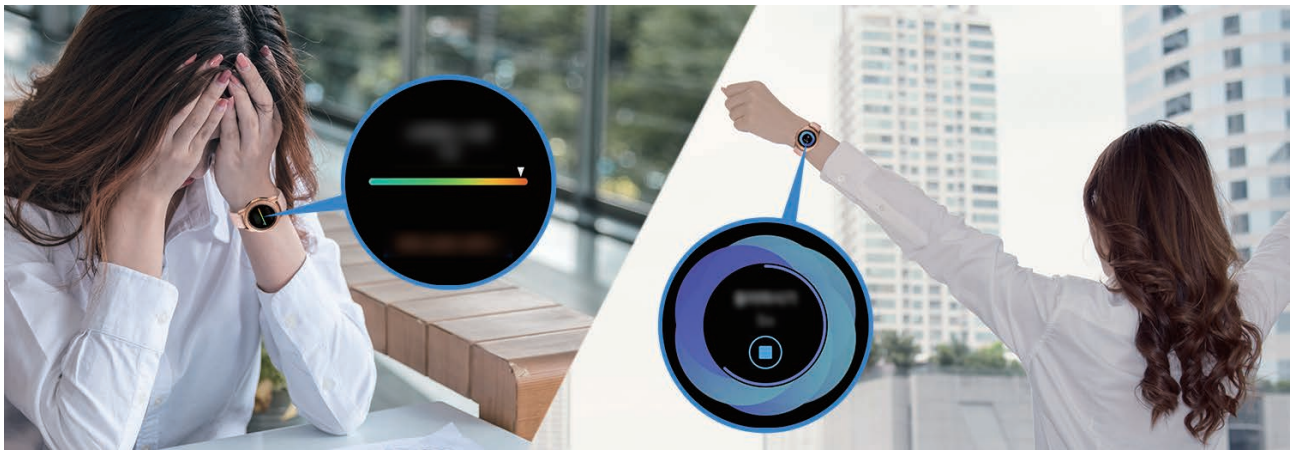
Take care of your health with the Galaxy Watch. The heart rate sensor measures your heart rate from time to time and analyses your stress level and sleep pattern. You can also create a personal routine based on the profile data you entered.

You can use various other exercises and health managing features when you use the Galaxy Watch while connected to a mobile device.

Managing stress and sleep quality

A more accurate heart rate sensor continuously measures your stress levels and sleep patterns.

When the stress level measurement is completed, tap **BREATHE** > and relax by following the directions that the Galaxy Watch provides. Breathing along with the sound will help you relieve stress.



When you wake up in the morning, the Galaxy Watch analyses up to four stages of your sleep pattern. Find out your sleep pattern through constant observation.

The sleep pattern will have its four states (waking, light, deep, REM) analysed by using your movement and changes in your heart rate while sleeping. However, **Auto HR settings** should be set to **Always** to measure your heart rate continuously while sleeping. For more information, refer to Tracking your heart rate.

Achieving your daily calorie target

The Galaxy Watch helps you manage your weight and health based on your exercise pattern and daily calorie target.

Enter the amount of calories you have consumed during the day. If the amount of calories entered exceeds your target, do further exercise. Start an additional workout to create a well-balanced, healthy body.

For more information about entering calories, refer to Food.

Experiencing enhanced exercises

The Galaxy Watch supports about 40 indoor and outdoor exercises and activities. Exercise efficiently with the Galaxy Watch at home, outside, or at a fitness centre. The Galaxy Watch helps you achieve your set target by carefully checking your workout time, distance, speed, heart rate, and calorie consumption during exercising.

For more information about starting various exercises, refer to Exercise.

You can effectively continue through several exercises in one session. After finishing one exercise, start the next exercise immediately.

For more information, refer to Doing multiple exercises.

Using as a simple unlocking device

Unlocking your computer quickly and easily

You can easily unlock your computer with the Bluetooth feature of the Galaxy Watch's Samsung Flow without entering your password or biometric information on your computer. Take the Galaxy Watch closer to your computer and then the computer is unlocked. For more information, refer to Samsung Flow.

Appendix

Troubleshooting

Before contacting a Samsung Service Centre, please attempt the following solutions. Some situations may not apply to your Galaxy Watch.

The quick panel displays network or service error messages

- When you are in areas with weak signals or poor reception, you may lose reception. Move to another area and try again. While moving, error messages may appear repeatedly.
- You cannot access some options without a subscription. For more information, contact your service provider.

Your Galaxy Watch does not turn on

When the battery is completely discharged, your Galaxy Watch will not turn on. Fully charge the battery before turning on the Galaxy Watch.

The touchscreen responds slowly or improperly

- If you attach a screen protector or optional accessories to the touchscreen, the touchscreen may not function properly.
- If you are wearing gloves, if your hands are not clean while touching the touchscreen, or if you tap the screen with sharp objects or your fingertips, the touchscreen may malfunction.
- The touchscreen may malfunction in humid conditions or when exposed to water.
- Restart your Galaxy Watch to clear any temporary software bugs.
- Ensure that your Galaxy Watch software is updated to the latest version.
- If the touchscreen is scratched or damaged, visit a Samsung Service Centre.

Your Galaxy Watch freezes or has errors

Try the following solutions. If the problem is still not resolved, contact a Samsung Service Centre.

Restarting the Galaxy Watch

If your Galaxy Watch freezes or hangs, you may need to close apps or turn off the Galaxy Watch and turn it on again.

Forcing restart

If your Galaxy Watch is frozen and unresponsive, press and hold the Home key (Power key) for more than 7 seconds to restart it.

Resetting the Galaxy Watch

If the methods above do not solve your problem, perform a factory data reset.

On the Apps screen, tap (**Settings**) → **General** → **Reset**. Before performing the factory data reset, remember to make backup copies of all important data stored in the Galaxy Watch.

Another Bluetooth device cannot locate your Galaxy Watch

- Ensure that the Bluetooth wireless feature is activated on your Galaxy Watch.
- Reset your Galaxy Watch and try again.
- Ensure that your Galaxy Watch and the other Bluetooth device are within the Bluetooth connection range (10 m). The distance may vary depending on the environment the devices are used in.

If the tips above do not solve the problem, contact a Samsung Service Centre.

A Bluetooth connection is not established or your Galaxy Watch and the mobile device are disconnected

- Ensure that the Bluetooth feature on both devices is activated.
- Ensure there are no obstacles, such as walls or electrical equipment, between the devices.
- Ensure that the latest version of the Galaxy Wearable app is installed on the mobile device.
- Ensure that your Galaxy Watch and the other Bluetooth device are within the Bluetooth connection range (10 m). The distance may vary depending on the environment the devices are used in.
- Restart both devices and launch the Galaxy Wearable app on the mobile device again.

Calls are not connected

- Ensure that your Galaxy Watch is connected to a mobile device via Bluetooth. If your Galaxy Watch is connected to your mobile device remotely, you cannot receive incoming calls.
- Ensure that your mobile device and Galaxy Watch have accessed the right cellular network.
- Ensure that you have not set call barring for the incoming phone number on the mobile device and Galaxy Watch.
- Ensure that you have not set call barring for the phone number you are dialling on the mobile device and Galaxy Watch.
- Check if do not disturb mode, goodnight mode, or theatre mode is activated. If one of these modes has been activated, the touchscreen does not turn on during incoming calls. Rotate the bezel or press the Home key or Back key to turn on the screen and check the incoming call.

Others cannot hear you speaking on a call

- Ensure that you are not covering the built-in microphone.
- Ensure that the microphone is close to your mouth.
- If using a Bluetooth headset, ensure that it is properly connected.

Sound echoes during a call

Adjust the volume or move to another area.

A cellular network or the Internet is often disconnected or audio quality is poor

- Ensure that you are not blocking the Galaxy Watch's internal antenna.
- When you are in areas with weak signals or poor reception, you may lose reception. You may have connectivity problems due to issues with the service provider's base station. Move to another area and try again.
- When using the device while moving, wireless network services may be disabled due to issues with the service provider's network.

The battery icon is empty

Your battery is low. Charge the battery.

The battery does not charge properly (For Samsung-approved chargers)

- Ensure that you connect the Galaxy Watch to the wireless charging dock and connect the dock to the charger properly.
- Visit a Samsung Service Centre and have the battery replaced.

The battery depletes faster than when first purchased

- When you expose the Galaxy Watch or the battery to very cold or very hot temperatures, the useful charge may be reduced.
- Battery consumption increases when you use some apps.
- The battery is consumable and the useful charge will get shorter over time.

Your Galaxy Watch is hot to the touch

When you use apps that require more power or use apps on your Galaxy Watch for an extended period of time, your Galaxy Watch may feel hot to the touch. This is normal and should not affect your Galaxy Watch's lifespan or performance.

If the Galaxy Watch overheats or feels hot for a prolonged period, do not use it for a while. If the Galaxy Watch continues to overheat, contact a Samsung Service Centre.

The information of Alti-Barometer is wrong

- After you calibrate the altimeter, the value for altimeter will become inaccurate after a period of time. To measure the accurate altitude, tap ↻ frequently to calibrate the value for the altimeter.
- The altitude measured may not be accurate if water (shower and water activity) or foreign materials enter the atmospheric pressure sensor. If there is any detergent, sweat, or raindrops on the Galaxy Watch, rinse it with clean water and dry the atmospheric pressure sensor thoroughly before use.

Your Galaxy Watch cannot find your current location

The Galaxy Watch uses your mobile device's location information. GPS signals may be obstructed in some locations, such as indoors. Set the mobile device to use Wi-Fi or a mobile network to find your current location.

Data stored in the Galaxy Watch has been lost

Always make backup copies of all important data stored in the Galaxy Watch. Otherwise, you cannot restore data if it is corrupted or lost. Samsung is not responsible for the loss of data stored in the Galaxy Watch.

A small gap appears around the outside of the Galaxy Watch case

- This gap is a necessary manufacturing feature and some minor rocking or vibration of parts may occur.
- Over time, friction between parts may cause this gap to expand slightly.

There is not enough space in the Galaxy Watch's storage

Delete unnecessary data, such as cache, using the Galaxy Wearable app or manually delete unused apps or files to free up storage space.

Removing the battery

- **To remove the battery, contact an authorised service centre. To obtain battery removal instructions, please visit www.samsung.com/global/ecodesign_energy.**
- For your safety, you **must not attempt to remove** the battery. If the battery is not properly removed, it may lead to damage to the battery and device, cause personal injury, and/or result in the device being unsafe.
- Samsung does not accept liability for any damage or loss (whether in contract or tort, including negligence) which may arise from failure to precisely follow these warnings and instructions, other than death or personal injury caused by Samsung's negligence.

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